FEBRUARY 2011

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february

on the cover

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Food Styling by Michael Pederson
Prop Styling by Leslie Siegel

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from the editor

ARE YOU A MOMster®?

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Last summer **I consulted with a nutritionist** for the first time in my life. I hadn't been feeling like my usual self—more tired, frequent headaches and not sleeping well. I had already ruled out any health problems at my annual physical, so I started wondering if somehow **my diet was to blame.** We discussed my general eating habits and she pointed out that even though I thought I was eating pretty well, I wasn't really. Like most people, **my fruit and vegetable consumption was insufficient,** as was the amount of water I drank; my sodium and sugar intake was high; and I often ran out in the morning without breakfast. So I changed my habits and within a couple of weeks was back to my old self—maybe even a better old self. Now I scrutinize food labels more carefully (salt and sugar show up in the most surprising places!), **fill up my water bottle at least four times a day and never have coffee after noon** (which really helped with my sleeping—duh). But if I had to pick one thing that ensures that my family and I eat healthier, it is being super-organized with my grocery shopping. Every Saturday I set aside time to figure out the upcoming week's dinners and write up a very detailed list before going to the supermarket. That way, when I get home from work, I know exactly what I'm going to make and have all the ingredients on hand. I still get tired (a full-time job and three kids will do that), but overall **I'm a lot more energized.** Now if my story isn't enough inspiration for you to make some tweaks, take a look at the Rebuccis—our Healthy Family 2011—on page 146, who are on month two of their diet makeover. (You can find recipes for the nutritious and delicious foods they've been eating on familycircle.com.) **The Super Bowl party menu we created for them (page 149)** even includes dessert—which is the kind of healthy eating we can all learn to love.

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

my healthy favorites

LEMON GINGER GNU BARS
These fruit juice–sweetened bars are only 130 calories and provide 12 g of filling fiber. Gnufoods.com, $2

ARROWHEAD MILLS AMARANTH FLAKES
Amaranth seeds, oats, brown rice, corn, barley and rye combine to deliver a good dose of iron in this low-fat, organic cereal. Arrowheadmills.com, $5

COLUMBIA COUNTY CRANBERRY WALNUT FLAX GRANOLA
No added salt or sugar. Walnuts and flax provide omega-3s, and sunflower seeds are a good source of vitamin E. Columbia countybread.com, $8

FamilyCircle.com

Valentine's Day is coming up and we've got dozens of ideas for you to share the love, like this gorgeous Tocca mini perfume set. Visit familycircle.com/vdaygifts for more great gift suggestions.

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Follow us on Twitter: twitter.com/familycircle

MOMster® Join our social networking site for moms of teens and tweens: momster.com

Photos: (Fears) Steven DeCanio. Hair: Rosa Miranda for Christo Fifth Avenue Salon. Makeup: Jenny Alves. Styling: Kelly Mealia for Kreative Kouture & Co. Dress: L.K. Bennett from Bloomingdales. Necklace: OLLIE & BOO. Earrings: Clear Quartz Hoop Earrings by OLLIE & BOO. (Granola) Bryan McCay.

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contributors

« **laura flynn mccarthy**

As a mom of two boys, this New Hampshire-based writer uncovered data while researching "Pregnancy Test," page 62, that hit close to home. "Studies show that teens who feel connected to their parents delay sex longer than those who don't," Laura says. "It's made me realize just how important it is to keep the lines of communication open with my sons."

« **rita maas**

Rita has photographed practically every kind of food for our covers—from baked ziti to last month's cinnamon buns—but the recipes from "Take Comfort," page 177, are her new FC favorites. "My family loves soup," she says. "It's easy to make, hearty, nourishing—and even the leftovers are delicious."

« **cindy di prima**

This New York City food stylist and mom happily admits she tried a little of everything when she worked on our chocolate story, "Dark Victory," page 166. "These desserts are fantastic for Valentine's Day, but I'm planning to make them for upcoming birthday celebrations too."

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TWEET OF THE MONTH

"Enjoying afternoon tea and my @familycircle that came today."
—Migs1977

Fashion Forward

Thank you for featuring so many animal-friendly clothes ["Cold Comfort," November 29]. Faux is indeed "guilt-free"—and it's fabulous.
***Robyn Wesley,* TAMPA, FL**

That's Amore

I recently prepared the pizza dough from your October 17 issue ["Easy As Pie"]. It was so simple to make and rose beautifully. I filled the crust with sautéed garlic and put tomatoes, onions, spinach, broccoli and mushrooms on top. It smelled delicious while baking and everyone loved it. Thanks for an amazing recipe—I look forward to every issue.
Shani Cohen, MONSEY, NY

➜ Visit familycircle.com/pizza for the recipe.

Culinary Whiz

In the Kitchen with Regina is becoming my favorite *Family Circle* column. It's been wonderful to see vegetarian meals featured. I've been observing Meatless Mondays (and sometimes Tuesdays and Wednesdays) for a while and I enjoy having a variety of different recipes to try. The Winter Wheat Berry Salad [November 1] sounds like a healthy and tasty dish.
Mary K. Moore,
BALTIMORE, MD

➜ Visit familycircle.com/wintersalad for the recipe.

Tech Support

I absolutely loved reading "Generation Text" [October 17]. My 11-year-old is already texting ferociously, so I could certainly relate to the article. It was thought-provoking, helpful, humorous and fun. Well done!
Anne Sidney, NEW YORK, NY

Team Building

My family has volunteered for several years with the Emergency Management Agency and the local fire department, so I really enjoyed "Give a Little" [November 29]. My kids have grown up doing community service and we all feel that the rewards from helping others have been truly great.
Sandra Curtis, HERNANDO, MS

Acting Out

As the mom of an 11-year-old, I was saddened to read about Miley Cyrus' recent movie and her departure from her wholesome character, Hannah Montana [Inner Circle, November 29]. It's a shame that she feels the need to prove something by succumbing to peer and industry pressures. What message does this send to young girls?
Vickie Telschow,
ILUKA, AUSTRALIA

online this issue

» Cook something special for your honey—try our recipes at familycircle.com/dinnerfortwo

» Get sweet Valentine's Day desserts at familycircle.com/vdaytreats

» Buy the perfect cards and gifts at familycircle.com/cards

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INNER CIRCLE

A roundup of smart talk, hot trends and favorite finds

›››››› SWEET TALK ››››››

Made To Order

Valentine's Day is all about showing the love. So instead of buying the same old box of chocolates, why not go online and customize your own candy bars, cookies or s'mores? Get personal, go a little crazy and create a scrumptious treat just the way you—er, your honey—likes it.

THECRAVORY.COM offers 950 kinds of cookies, including Red Velvet, Chocolate Chip and unique combos like Pancakes and Bacon.

FamilyCircle.com
Want more treats? Go to **familycircle.com/vdaysweets**

SMORESMOOCHIES.COM's sandwiches are double dipped in chocolate, then topped with candy, your own mash note or even your sweetheart's photo.

CHOCOMIZE.COM lets customers build their own megabars with more than 100 ingredients, from Strawberry Gushers to beef jerky. A portion of proceeds goes to your choice of three charities.

LOVE ACTUALLY

Americans shell out an estimated $14 billion total for Valentine's Day on candy, flowers and, most of all, cards. We send 190 million valentines a year—and that doesn't include the ones kids exchange at school.

♥ **$72**
The average amount women spend on gifts.

♥♥ **$135**
The average amount men spend.

↓ **25%**
of people treat their significant others to an evening out.

↑ **51%**
The increase in spending on presents for pets. Bow wow!

Source: National Retail Federation

CUPID BEWARE Can't get enough Valentine's goofiness? PinkKisses.com is not for you. This sassy website for women weathering a bad breakup, created by former TV news reporter Ellie Scarborough, has the oh-so-cathartic Kiss Him Goodbye feature, where you can upload a pic of your ex-flame and watch it burn, baby, burn. Hot stuff!

Photos: Levi Brown; (champagne, box of chocolates) istock photo.

»»» TRENDSPOTTING »»»

UP THE VOLUME

Much as we love our skinny jeans, we've always had a weakness for wide-leg trousers. So we're delighted to see this '70s-inspired style in full swing on practically everyone's runways (Tommy Hilfiger, Tory Burch, Jason Wu) as well as in stores like Ann Taylor and JCPenney. The fashion-forward versions come in every possible reincarnation—relaxed- and high-waisted, neutral shades and bright colors, free flowing and playful, refined and sexy. And they're easy to pull off on most any body type, whether you're going for a casual look with a collared shirt and blazer, or an elegant evening outfit with high heels. A wardrobe staple that's effortlessly chic—and it'll have legs well beyond spring.

Denim trousers by Derek Lam

Photo: FIRSTVIEW.

7 ODORS SURRENDER TO FEBREZE FRESHNESS

7

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FOOT FUNK
PILLOW PEW
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MUSTY COAT
SOFA STINK
SMELLY DRAPES

it's a breath of fresh air

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IT'S IN THE BAG

Skip the wrapping paper–tape-scissors-ribbon routine—stashing a gift in a tote is easier, hands down. This durable recycled canvas boasts five to/from tags right on the front, to trace its journey from one recipient to the next. Sold! Re-Wrap gift bag, in2green.com, $10

REGIFT *v.* (re-gift) To give something previously received as a gift, usually unwanted, to someone else. Nearly 70% of Americans fess up to doing it. And they're not being cheap, but green, since they view it as a form of recycling.

HIGH SPIRITS

Bhutan has come up with a warm and fuzzy way to assess the state of the nation. Believing that bliss is more important than business, the tiny Himalayan country measures Gross National Happiness instead of Gross National Product. In a recent poll, 4% of people described themselves as unhappy, and 96% said they were happy or, even better, very happy. :-)

GUY TALK

DEEP THOUGHTS

My daughter, Ava, is no girly girl. Sure, at around age 4 every one of her 333 stuffed animals was named Cinderella. Then there was the only-purple-or-pink-clothing phase (age 8). Now, though, at age 11, she sports temporary tattoos featuring the kanji characters for Warrior Princess. And when she's mad, she delivers a straight overhand right that only Mike Tyson could appreciate.

But Ava's no tomboy either. She happily "borrows" her mother's most expensive cosmetics. And she never leaves the house without Nigel, a pocket-size, formerly white polar bear turned gray with time and affection.

Until recently our typical father-daughter interactions consisted mostly of Ava asking me to buy her things. Last summer, however, we decided to take a scuba diving class. Translation: Her mother (my wife, Christina, a veteran diver) decided the kids were old enough to learn scuba; our 14-year-old son, Cole, was too cool to be bothered; and I decided to tag along with my daughter.

Which is how we ended up in a noisy utility room at the back of a dive shop with instructor Brad, three beefy guys serving in various branches of the military and one skinny surfer dude.

"Scuba," Brad shouted above the thrumming of machines generating compressed air to fill the tanks, "is one of the safest sports in the world, ranked 34th, between golf and billiards, in frequency of injuries."

He then listed various reasons we could end up being airlifted to the nearest hospital—decompression

» FEBRUARY 11 is... Don't Cry Over Spilled Milk Day. *Get over it already!*

MYTH» Hera created the Milky Way after throwing Zeus' son, Hercules, from her breast and spilling her milk into the sky.

FACT» Daniel Peter, a worker at Nestlé in Switzerland, discovered a process to amalgamate milk and cocoa powder in 1875, leading to the world's first milk chocolate.

Photos: (bags) Bryan McCay; (Bhutanese girl) Buena Vista Images/Getty Images; (Bhutanese boy) Angelo Cavalli/Getty Images.

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GUY TALK

sickness, pulmonary embolisms, garden-variety drowning. The key to safety, Brad explained, was the buddy system. Ava and I were buddies. If she got into trouble, I would step in. If I ran out of air, we'd both breathe from her tank.

We practiced with our gear in a swimming pool, then a lake, before attempting open water. I don't know which of us was more terrified to simulate an out-of-air experience in that pool. We ended up lost and sputtering on the surface more than once. Then again, so did all the guys. It was gratifying to watch my 85-pound tweenager hold her own with the paratrooper and the surfer.

Christina joined us for our open-water ocean dive, to explore an artificial reef created by a sunken liberty ship. We saw schools of spadefish, rays, scorpion fish and numerous spare tires.

Afterward my daughter was lit up in a way I hadn't seen before. "That was cool," she said. "When can we do it again?"

Now Ava says she wants to be a marine photographer when she grows up. Next month, of course, that might change to veterinarian (or possibly prizefighter). One thing I hope won't change, though, is that we'll remain buddies: diving deep together, helping each other when one of us gets lost, willing to share the same air. It definitely beats shopping.

Dan Tynan is a contributing editor to Family Circle.

›››› LIT CRIT ››››

THE HERE AND NOW

An eclectic roundup of reads that takes you from the past to the present—and beyond.

THE RED GARDEN
by Alice Hoffman (Crown Publishers)

Alice Hoffman infuses her trademark magical realism into gently linked stories of a quintessential New England town and an enchanted plot of land. Starting with Hallie Brady—founding woman of Blackwell, Massachusetts, bear whisperer and gardener—Hoffman follows offshoots of the generations through hundreds of years. A richly and uniquely detailed history of family and Americana.

THE GIRL IN THE GREEN RAINCOAT
by Laura Lippman (Avon)

This spare mystery (a mere 176 pages)—originally written as a serial for *The New York Times Magazine*—is a classic whodunit with a twist à la *Rear Window*. The bedridden private eye is pregnant Tess Monaghan, who finds herself acting as a virtual detective while friends and associates sleuth on her behalf. Dogs, motherhood and a killer fashion sense add up to a far-from-clueless charmer.

ACROSS THE UNIVERSE
by Beth Revis (Razorbill)

Star-crossed teenagers Amy and Elder attempt to overthrow the tyrannical leader of the not-so-good spaceship Godspeed while also tracking down the person who is defrosting (i.e., killing) the cryogenic cargo. This young adult debut novel—with echoes of *Snow White*, *Star Trek*, *Coma* and *Lost in Space*—is equally quirky and captivating.

Check, Please

FOOD FACT

Americans typically eat out four to five times a week, forking over about $275 a month. The average restaurant meal has nearly an entire day's worth of calories and fat.

›› Want to stop pigging out when eating out? Burgerville, a fast food chain in Washington and Oregon, is going beyond posting calorie counts, taking transparency to a new level. Its smart receipts not only list nutritional info for each item purchased, but also suggest healthier swaps ("try holding the chipotle mayo on your sandwich and save 18 grams of fat"). And consumers are buying it. Says Burgerville President/CEO Jeff Harvey: "Our nonfat frozen yogurt smoothies are more popular than ever."

Qty	Item	Price	Calories	Fiber(g)	Fat(g)	Carbs(g)
1	HALIBUT SANDWICH BASKET	$7.09	-	-	-	-
	Halibut Sandwich		490	2	27	43
	No Tartar Sauce		-132	0	-14	-1
	Side Salad		50	2	3	4
	Bleu Cheese Dressing		150	0	16	1
	NUTRITION TOTALS		558	4	32	47
	% DAILY VALUE - 2000 CALORIES		28%	16%	49%	16%
	% DAILY VALUE - 2500 CALORIES		22%	13%	39%	13%

Illustration: Aleks Sennwald.

BY CHRISTINA TYNAN-WOOD

GIFTS À LA CARD

SITE SEEING

These e-tailers are my favorites fors endinggif tc ards—you're guaranteed a psyched recipient.

Amazon.com (search for Gift Certificate) At this point, pretty much anything can be purchased through this megasite, making it truly universal.

Zappos.com (zappos.com/gift-certificate). Shoes, clothes, sunglasses and other accessories. Once an order is placed, merchandise arrives with uncanny speed. (How on earth does Zappos do it?)

Shutterfly.com Last-minute need not mean impersonal—this site can turn uploaded photos into posters, canvas prints, books and more.

Netflix.com (netflix.com/giftpurchase). Give a month of unlimited streaming video via PC, Mac or TV plus one DVD at a time for $10.

Sock-Dreams.com (click on Gift Cards). Fun, funky site with an unreal array of socks, stockings, leggings, tights and similar items.

Gap.com A gift card from here is redeemable not just at Gap but also at its affiliate brands, Old Navy, Banana Republic, PiperLime and Athleta.

I made a gigantic note on my calendar and put sticky notes that read "Don't Forget Di's Birthday!" on every flat surface in my house. Yet, suddenly, there I was at 11:36 P.M. on my sister's big day—facing the cold, hard fact that I hadn't called, texted, e-mailed or even sent a tacky online card. In my mind her existence is very much something worth celebrating. Still, I'd done nothing. In other words, I was hitting a new low.

I had 24 minutes to get it together and salvage the situation. Literally, the clock was ticking.

11:37 "Quick! What would I want?" I asked myself. Well, that's a no-brainer: shoes. Obviously it was too late for that. But even if I had plenty of time, that wouldn't work. It's a long-running joke between us that we just don't get one another's taste in footwear. Okay. Think. Yes. What she would want is for me to bring her to a nice shoe store and slap down my credit card on the counter.

11:40 Just like that, I was on to something. I went to Zappos.com and typed "gift certificate" into the search bar at the top of the screen. This took me directly to an order form. I filled in her name and e-mail address and added a cute personal note about a virtual shopping spree, then charged the transaction to my credit card and hit Send.

11:50 Ten long minutes passed while I worried that maybe she'd gone to bed early. Then I got an e-mail. "OMG! Thanks so much! I was having a crappy day right up until this moment. I'm about to go shopping! Kisses!"

From Slacker Sister to Birthday Hero in 14 minutes, and I didn't even leave the house. Good stuff.

Truthfully, this wasn't the first time. I haven't gone gift shopping (except for the occasional social outing with a friend) in a mall since the '90s. For most recipients, I just log on and hit Send. It started as a fallback position when I found myself unprepared (as above) but just as often, a virtual gift card is better than buying something I have to pack and ship. And most people appreciate the chance to pick something they want.

My sister loved her shoe-shopping extravaganza so much that I went back to Zappos and arranged to send her another when her birthday rolls around again. So next year I can skip the self-loathing and the blizzard of sticky notes. Somewhere, a tree is thanking me. ●

Photo (Wood): Charles Harris.

ILLUSTRATION BY DANIEL KRALL

If pasta could fantasize, this would be noodle nirvana.

Newman's Own® All-Natural Alfredo Sauce.

Sure, all that fresh Italian cheese, crushed garlic, cracked black pepper and real cream is a bit decadent. We didn't skimp a bit with the all-natural ingredients. Which makes you think, if a noodle could use its noodle, Newman's Own Alfredo would have to be its fantasy.

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This Bud's for You

For a modern take on the classic centerpiece, try deconstructing your bouquet (hello, Valentine's Day!) and placing each bloom in its own vessel. "This takes virtually all the guesswork out of flower arranging, plus the containers can be filled inexpensively," says Kristina Koski of Chive, a vase design company. The whimsical creation above fuses 12 mini pots onto a single ceramic block. Fill with a few daisies, roses or other posies for a look that's equal parts Dr. Seuss and chic. Pooley 2 vase, chive.com, $43

PHOTOGRAPHY BY PETER ARDITO

→ BY KATE DOHERTY

WASTE NOT

The Museum of Modern Art is known for its Picassos, Jackson Pollocks and this trash can—really! Though designed in 1996, it was recently added to the institution's permanent collection. So for under $8, you can own a top-notch museum piece.

Garbino trash can, umbra.com, $7.50

Remove the books and tray from this ottoman-turned-coffee-table for a comfortable spot to rest your feet.

PRO *pointers*

In his new book, *No Place Like Home* (Wiley), decorator and dad of two **Stephen Saint-Onge** shares a DIY plan for cozy and sophisticated decor. His favorite tricks:

TAKE IT DOWN → Lowering the wattage in a lamp will instantly (and easily) transform the look and mood of a room.

KEEP IT GLASSY → Mirrors give the illusion of more space by bouncing light around. Hang one over a mantel or lean an oversize version against a wall.

TRY TEAMWORK → Take a cue from book clubs and form a Friday night design group with friends and neighbors. Every week members meet at each other's houses and help paint, move furniture or just share ideas and inspiration. Some projects can be completed in a night, others may need more like a weekend.

SECOND LIFE

Look closer at these fun everyday accessories—they're made from recycled water bottles, detergent containers or wood.

Ergospace green canister vac, amazon.com, $299

Sud Green dish brush, kitchenkapers.com, $10

Juice clock, beanproducts.com, $45

GO GREEN SAVE $

Create ambience and save up to $50 a year in energy costs with a dimmer switch. To cover your bases, choose a universal model, like Lutron's wall-mounted Diva/C-L. Easy to install, it works with CFL, incandescent and halogen bulbs, plus LEDs. Lutronstore.com, $40

Design tricks and personal picks from Judy Prouty, our home style director

MODERN LOVE

Whenever I'm in the San Francisco Bay area, I try to swing by the "seconds" store at the Heath ceramics factory to score a bargain. Founded in the mid-'40s by potter Edith Heath, the handcrafted dinnerware is still sought after by mid-century modern design buffs. This vase, a new find, can hold one perfect Valentine rose. Bud vase, heathceramics.com, $25

Floored!

Sea grass and sisal rugs, practically indestructible even for those with pets and kids, make a neutral backdrop for my furnishings—both major pluses in my book. But lately I've been angsting a bit over the downside: They're boring. Then I spotted this abstract pattern rug that I can layer right on top. It's put some spring in my step. Lourdes Sanchez Bulls Eye Rug, westelm.com, from $109

Natural Selection

Here-and-there groupings of stuff you adore is what makes a house a home. My thing? White pitchers. Over the years, I've picked up all manner of shapes and sizes at flea markets and yard sales. Collecting is fun and easy as long as you keep to an overall theme or color and buy what catches your eye and suits your budget. I'm thinking this trio of ceramic critters could be the beginning of a new obsession.

Dachshund bookends, barnesandnoble.com, $40.
Marble Foo lion, pearlriver.com, from $50/2.
Ceramic owl, westelm.com, from $9.

Star Quality

I recently heard Hollywood set decorator Beth Rubino talk about her swoon-worthy design for the beach house owned by Diane Keaton's character in *Something's Gotta Give*. (If you missed this funny film, by all means Netflix it.) The seaside palette really struck a chord with fans. Movies, no matter how good—or bad—can be an endless source of decorating inspiration. A few of my old favorites are: *Auntie Mame*—over-the-top decor; *Mr. Blandings Builds His Dream House*—how not to remodel; *Howard's End*—lots of chintz; *The Holiday*—L.A. mod or English country, take your pick.

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ELEMENTS OF STYLE

DEFINING YOUR DECORATING STYLE MAY NOT BE SIMPLE—AND NO, "CONTROLLED CHAOS" DOESN'T COUNT. BUT ONCE YOU DO, YOU'LL FIND IT EASIER TO GIVE YOUR ROOMS PERSONALITY WHILE PARING DOWN CLUTTER AND UNNECESSARY PURCHASES. FROM THE THREE FOLLOWING LOOKS, PICK THE ONE THAT INSPIRES YOU MOST. THEN FOLLOW OUR PRO ADVICE AND CHECK OUT THE SHOPPING LIST SPECIALLY GEARED TO YOUR TASTE.

TEXT BY PETRA GUGLIELMETTI

CONTEMPORARY COOL

Modern decor is all about clean lines—no swag curtains, colonial furniture or chintz here, says New York–based designer Jonathan Adler. But sleek needn't mean staid. "Being overly monochromatic is a snooze fest," notes Adler, who likes to pepper rooms with bright color and eccentric conversation pieces.

[TO GET THE LOOK]

✔ Stick to unfussy furniture in solid colors—neutral or bold works best (don't go dusty rose). White-on-white is a superchic choice and gray a foolproof one, but if a jolt of red calls your name, go for it!

✔ Add shine with mirrored black-lacquer, Lucite and metallic accents, like lamps and tables. Think smoky glass vases, hip design books and witty knickknacks that work with the color palette.

✔ Let accessories and artwork be "exclamation points" in your room—choose graphic patterns or vivid colors that really pop against your furniture. Or make your exclamation point one brightly painted wall.

✔ Keep the space uncluttered. "I follow that old-fashioned maxim: 'Before you go out, look in the mirror and take one thing off.' The same applies to a modern room," Adler says. Let just a few cool items set the tone.

GET IDEAS FROM MAGAZINES AND BOOKS—ART, INTERIORS, FASHION, LANDSCAPE, ANYTHING THAT CAPTURES YOUR IMAGINATION. "WHO KNOWS? A MODEL IN A RED DRESS MIGHT INSPIRE YOU TO PAINT YOUR WALLS CRIMSON!" SAYS ADLER.

OPT FOR RIGHT ANGLES AND SIMPLE SHAPES

Streamlined and colorful. **Parlour sofa, cb2.com, $999**

Shiny steel, sculpture-like. **Oke table lamp, homedecorators.com, $129**

A squiggly dash of pop art. **Letters pillow, notneutral.com, $50**

Space-age sleek. **Ion coffee table, westelm.com, $299**

Photo (opposite page): Patrick Cline. Designer: Ron Marvin Design.

SOPHISTICATED CLASSIC

If you put practicality first and foremost—but still like to embrace trends here and there—this traditional-with-a-twist look is for you. While keeping your large furniture pieces elegant and timeless, "you can add pattern and punch through the lamps, pillows and accessories," says Meg Braff, a New York-based interior designer.

THINK ABOUT HOW YOU LIVE. ARE YOU A WAY-ORGANIZED TYPE A WHO'S SUPER-DISCIPLINED ABOUT CLUTTER? YOU'D PROBABLY RELISH A MODERN ROOM'S CLEAN, CRISP FEEL. DO YOU PREFER A CLASSIC LOOK BUT WANT TO TRY NEW THINGS? A SOPHISTICATED SETTING WOULD LET YOU HAVE IT ALL.

[TO GET THE LOOK]

- ✔ **Choose couches and chairs that are comfortable yet tailored. "I like to mix different textures, like linen with silk, for example," Braff says.**
- ✔ **Stamp out stuffiness by adding a couple of bold-patterned ottomans, or club chairs and plenty of pillows. "These are great ways to add kick," says Braff.**
- ✔ **Keep your floor plan neat and symmetrical without being matchy-matchy—flank the sofa, say, with a pair of shapely lamps.**
- ✔ **Make favorite items focal points—place photo books on a coffee table with a pretty box to hold remote controls. "Avoid kitschy accessories in favor of functional things," suggests Braff.**

PUT A PERSONAL SPIN ON PRETTY AND POLISHED

Bright and cheery. **Robert Abbey Genie table lamp, lampsplus.com, $152**

Sparkling sunburst shape. **Devon mirror, zgallerie.com, $179**

Graceful curves. **Gramercy upholstered chair, ballarddesigns .com,$299**

A pick-me-up for neutrals. **Diamond floral appliqué pillow, Pier 1 stores, $35**

Photo (opposite page): Patrick Cline. Homeowner: Victoria Thompson.

ECLECTIC MIX

Furniture from various time periods, with rustic textures and global accents—this style is all about breaking the rules. "It's for those who don't just want to copy the latest catalog," explains Frank Fontana, host of *Design on a Dime* on HGTV. "It should feel as if you've walked into a really cool antique store with a chic twist."

[TO GET THE LOOK]

✔ Opt for furnishings with a handcrafted or vintage vibe, whether it's Victorian or mid-century modern or something new that just looks old.

✔ Introduce smaller "clash" pieces from different eras that stand out—ethnic-patterned pillows, a crystal chandelier, exotic travel treasures.

✔ Hang whimsical wallpaper or a clustered collection of framed pictures and mirrors to visually pull your mix-and-match room together (the frames themselves should also be different materials).

✔ You want a medley, but sticking to a color palette, even if it's a loosely defined one, will help tie things together, says Fontana.

Photo (room): Patrick Cline. Homeowner: Tom Dolby.

THINK FARAWAY AND FASCINATING

Foreign intrigue. **Taboret barrel table/stool, csnstores.com, $169**

Groovy floral print. **Kenter armchair in Kirby Black, homedecorators.com, $499**

A fine feathered friend **Finch art, Pier 1 stores, $30**

Eastern flair. **Clover mirror, target.com, $20**

CLUTTER-FREE IN 30 DAYS

Forget about big organizing overhauls. (Who has the energy?) The slow-and-steady approach is much more effective for time-pressed moms. Tackle just a couple of our 30 super-simple projects—that pile of jumbled cords in the family room today, the overflowing drawer of cooking utensils tomorrow. You'll be inspired by the day-to-day results, and within a month you'll see major home improvement.

BY KIMBERLY FUSARO

1 Clean up the utensil drawer by moving the four or five things you reach for most often to a countertop canister or crock. Take stock of what's left and toss anything superfluous. You'll be pleased when you can slide the drawer open and closed without it jamming.

2 Sort craft supplies into piles of like items—glue and tape together, ribbons and bows—then stash it all in clear plastic bins, says Stephanie Vozza, author of ***Five Minute Mom's Club*** (Franklin Green). Stack bins, whether on the top shelf of a linen closet or on an office bookcase. The next time you need a pair of scissors, you'll be able to locate them in seconds. If your boxes aren't clear, label them.

3 Pull cleaning supplies from under the kitchen sink and create space for them in the room they're used in, suggests Vozza. Move shower and toilet cleaners to a bathroom cabinet, the stain stick to a shelf in the laundry room and wood polish to a dining room cupboard. The benefits are twofold: You'll have more room in your kitchen cabinet, and cleaning products will be close at hand.

4 Clear out visual clutter in the family room: Pull your DVDs off the bookshelves and arrange them in sleek, stackable cases. Either put the boxes back on the shelves—they'll look infinitely neater—or stack them next to the DVD player for easy access.

5 Put an end to cord chaos once and for all. **The BlueLounge Cable Box** (bluelounge.com, $30) holds even the biggest power strips—plus, it has room for adapters and extra-long cables. Simply drop everything into the container and close the lid.

6 Keep a stash of 10 or so trash bags in the bottom of the kitchen garbage can. After taking out the trash, just grab a fresh bag.

7 Hang a small shoe organizer on the back of your pantry or kitchen cabinet door, suggests Donna Smallin, author of ***The One-Minute Organizer*** (Storey). Use it to store measuring spoons and other items that go missing in the back of drawers.

8 Outfit the wall next to the back door with a series of hooks hung at different heights for holding stuff your kids would otherwise dump on the floor—like jackets and scarves. **3M Command self-adhesive hooks** (amazon.com) come in a variety of finishes and can be pulled down without damaging paint, says Smallin.

Handmade nested boxes, Two's Company, 800-896-7266 for info, $45/3

Photos: (opposite page) Edward Gohlich; (this page, top right) Cameron Sadeghpour.

Adjustable shower caddy, simplehuman.com, $40

10 Don't let your shower be taken over by half-empty bottles. "It should be a peaceful place, not a shampoo graveyard," says organizing expert Jill Pollack (jillpollack.net). **SimpleHuman's Adjustable Shower Caddy** has shelves that slide up and down to accommodate extra-tall bottles, and a rubberized clamp and pivoting suction cup to ensure a secure fit.

11 Leave a woven or canvas hamper on the floor by the door in the entryway so you can toss junk mail as soon as it arrives, offers Stephanie Goldberg Glazer of yourpersonalmanager.com. And follow tips numbers 18 to 21 to stop junk mail at the source.

12 Create a place for storing your kids' special essays or A+ tests before they land in the trash. **Medium Flat Rate USPS boxes** (free) are the right size and fit neatly in an out-of-the-way cabinet, like one high above the fridge. At the end of the school year, label each, seal, and stack on a basement shelf. "School papers either go in the box or the recycling bin," says Dawn Billesbach of menufortheweek.com, "so I never have to shuffle through stacks of papers."

13 If your kids are in the habit of scattering things all over the house, designate a common spot to stockpile items like MP3 players and textbooks. Laura Brady Saade of giveme10.info leaves "goes back to your bedroom" baskets at the bottom of the stairs. Before the kids are allowed to watch TV

9 To keep a few extra towels tidy, fold in half lengthwise and arrange on a floating shelf above the bathroom door frame. Or, if you have the space, neatly arrange rolled-up towels in the vanity or in an oversize basket on the floor.

Photo (top left): Kritsada Panichgul.

or surf the Web at night, their containers need to be emptied and everything put away.

14 Give your wardrobe room to breathe by using ultra-thin hangers that have a velvety coating—it keeps silky shirts, satin-lined blazers and super-thin strapped dresses from sliding off.

15 Move your various types of flours, sugars and other baking ingredients from the boxes or bags they come in into clear, stackable airtight canisters, says Target style expert for home and HGTV designer Sabrina Soto (sabrinasoto.com). The goods will be more accessible, less likely to spill and stay fresh longer if they're neatly stacked.

16 Reduce clutter in the linen closet by keeping a maximum of three sets of sheets per bed. This way you can have one in use, one in the laundry and one on the shelf. To store sets neatly, says Stacey Platt, author of ***What's a Disorganized Person to Do?*** (Artisan), put the flat and fitted sheets and one pillowcase folded inside the second pillowcase. These stackable bundles are easy to find and grab when needed.

Joy Mangano Huggable Hangers, hsn .com, $48/48

Daisy crunch cans, Umbra, containerstore .com, $20/each

17 Don't hide your kids' clothes hamper in the closet; move it to a user-friendly location like the bathroom. Try an open-top version, and, if your kids are sports-minded, Platt suggests installing a basketball hoop on top "so they might feel inspired to aim, shoot, and score."

click away the clutter

18 Instead of waiting for your household bills to land in your e-mail inbox and then logging into a bunch of different sites (credit card company, electric company and so on), Smallin suggests managing all your accounts with Doxo (doxo.com). The free Web service lets you receive, pay and electronically file all your bills in one place.

19 Stop unwanted catalogs from flooding your mailbox. Register with CatalogChoice (catalogchoice.org)—it's free!—then search for the companies that inundate you most frequently. The site provides all the information you need to opt-out of mailings as well as the customer service phone numbers —which are often hard to locate.

20 Put an end to unsolicited credit card mail offers. Sign on at optoutprescreen.com and your name won't be shared with credit card or insurance companies for five years. As an added bonus, says Goldberg Glazer, there will be less of your personal information floating around.

21 Stop the flood of coupon mailers, magazine offers, insurance promos, sweepstakes entries and more. For about 70 cents a month, the nonprofit 41pounds.org will keep all of your family members' names off of consumer mailing lists for five years.

22 Prevent "my house is a mess" stress when unexpected guests drop in. Keep an empty container with a lid in every room for quick cleanups. Try a handsome storage ottoman in the living room, a covered basket in the kitchen and under-the-bed bins in the kids' rooms.

23 Make your mornings more efficient by carving out an area on the counter for breakfast things, suggests Platt. Keep appliances—blender, coffee pot, toaster—clustered in one spot and beside them a basket of coffee-making essentials, like beans, grinder and sweeteners.

24 No more digging through a bottomless makeup bag: You'll be able to find what you need in a flash if you sort everything into an upright silverware caddy, says Vozza. Put eye pencils in one compartment, lipstick in another and so on.

25 Weed through holiday decor—a big space guzzler. Toss discolored and half-used candles along with any broken ornaments or mismatched tableware and linens. Donate what you haven't bothered to use in years. (If you don't like it now, you won't miss it!) Divide the remaining decorations among boxes or stackable plastic bins by season.

26 Designate a few bins in the garage for unwanted clothes and items. Lorie Marrero, author of ***The Clutter Diet*** (Reason Press), suggests stocking the area with shopping bags for bringing the castoffs to Goodwill. Find the value of your donation for tax purposes at itsdeductible.com.

Flatware caddy, Prodyne, amazon.com, $25

Photo (left): Marco Ricca.

Avery Signature Chrysanthemum binder, zazzle.com/avery, from $20

27

Corral your family's most frequently used information in a binder. Stored in a central location like a kitchen cabinet, it should be the go-to place for phone numbers and addresses, as well as school flyers, sports schedules, home maintenance records and other easy-to-forget household data.

28

Reorganize your refrigerator: Group like items in transportable containers, suggests Marrero. For example, put the mayo, pickles and luncheon meat in one bin, salad dressings in another. Try a small lazy Susan in the back of the fridge for hard-to-find condiments.

29

Running out of kitchen drawer space? Stop hoarding plastic supermarket and takeout containers. Unless you regularly put them to good use for leftovers or school lunches, recycle whatever you can and toss the rest. Platt suggests investing in a new set. Get square containers, which take up less space than round, and buy only two sizes, so you don't have to choose from a mess of similarly sized lids.

30

Don't let bulk purchases eat up precious cabinet space. Instead of cramming 12 bottles of water under the kitchen sink, establish a Sam's Shelf or a Costco Corner in your garage or pantry for "back stock," suggests Marrero. Keep only a working supply on hand—five cans of soup instead of a case.

Glass food storage, containerstore.com, from $1.50

Photo (top right): John Bessler.

Crafty ideas from a style-savvy mom.
BY SUZONNE STIRLING

BRIGHT IDEA

When it's cold outside, my thoughts turn to soft fabrics and warm textures. So, naturally, when I wanted to pep up a plain paper lamp shade to hang over the kitchen table, felt came to mind. It's easy to work with and you don't need any special skills—just cut out pieces, brush on paste and you're good to go. I took my cues for the motif from Scandinavian design, creating a graphic nature-based pattern with pops of color against a neutral background. The cheerful effect makes winter a bit more welcome.

WHAT YOU'LL NEED

- **Plain drum-shape lamp shade (paper- or fabric-covered)**
- **Length of white or cream wool-blend felt long enough to cover lamp shade**
- **Yes! Paste**
- **Fabric glue (such as Fabri-Tac)**
- **Red and gray felt (¼ yard of each is more than enough)**
- **Pendant light kit**

Step 1 → Cut a length of felt long enough to wrap around the drum lamp shade, leaving a ½-inch overhang above and below the shade and at the two ends.

Step 2 → Working in approximately 8-inch sections, brush a thin layer of Yes! Paste onto the shade from top to bottom and cover with felt. Continue covering the shade, except for about a ¼-inch section at the back seam.

Step 3 → Apply quick-setting fabric glue to the ends of the felt and adhere to the shade at the seam. Apply fabric glue to the top and bottom overhanging edges, fold over and adhere to the inside of the shade.

Step 4 → For the branches: Cut ¼-inch strips of gray felt using a rotary cutter and a cutting mat, or fabric scissors. For the circles, trace bottle caps or coins, using 2 different sizes, onto felt, then cut out with pinking shears.

Step 5 → Arrange the design on the lamp shade. When you're satisfied with the mock-up, use fabric glue to adhere each piece to the shade, and hang. A drum shade can also be used on a lamp base.

Suzonne Stirling blogs at
urbancomfort.typepad.com

PHOTOGRAPHY BY PETER ARDITO

Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

• You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI

• You have uncontrolled narrow-angle glaucoma (increased eye pressure)

• You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

• About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes

• If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported

• About your alcohol use

• If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products

• If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles

• If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta

• Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly

• If you are pregnant, plan to become pregnant, or are breast-feeding

• If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs

• About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta

• If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels

• If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

• Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

• In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.

• Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

• Take Cymbalta exactly as directed by your healthcare provider.

• Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.

• Cymbalta can be taken with or without food.

• If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.

• Remember to refill your prescription before you run out of Cymbalta.

• Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

• Store Cymbalta at room temperature and out of the reach of children.

• Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.

• If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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NATHAN ✩ JAMES

IT'S NOT THE BACK SEAT

✩ IT'S THE KID COMMAND CENTER ✩

WIRELESS HEADPHONES[1]
MAKE MAGIC HAPPEN TO YOUR HEAD
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OPTIONAL

Engage the warp drive, Dad!
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CAPTAIN'S CHAIRS
FEEL CAPTAIN-EE

CENTER CONSOLE (ROBOT HQ)

RESERVED

OPTIONAL
CLIMATE CONTROL
JUST THE WAY **YOU** LIKE IT
• COOL
• SUPER COOL

THE STYLISH NEW 2011 TOYOTA HIGHLANDER.

Every now and then, parents need a little help. Thankfully, the Highlander has a second row with available perforated leather-trimmed seats,[2] plus an optional rear-seat DVD entertainment system that helps keep kids thoroughly occupied. And with the Star Safety System,™ the only thing parents have to worry about is rediscovering their inner cool. Learn more at toyota.com/highlander

Options shown. [1]Headphones are for passenger use only. Do not use while operating vehicle. [2]Leatherette third-row seat included with available leather-trimmed option. See toyota.com for more details.

TOYOTA
moving forward

FAMILY

→ NEWS → VIEWS → FUN ACTIVITIES THAT KEEP YOU CONNECTED

Photo: Christopher Robbins/Getty Images.

Good Sports

Make a difference on Super Bowl Sunday just by watching the game. St. Jude Children's Research Hospital has partnered with the NFL on FOX to create a new fundraising program called Game Day. Give Back. Ask guests to make a contribution at your party. If you're not hosting, send out an e-mail requesting friends and family to help out. And encourage your office to share half of the betting pot. To get party tips, football-themed recipes, more info or to make a donation, visit stjude.org/giveback.

FAMILY TIME

→ BY CELIA SHATZMAN

QUIZ SHOW

Three major television events take place this month—first up is the Super Bowl, followed by the Grammys and then the Academy Awards.

1. Which female has been awarded the most Grammys?
a. Aretha Franklin
b. Alison Krauss
c. Beyoncé
d. Ella Fitzgerald

2. Who won the first Super Bowl?
a. Kansas City Chiefs
b. Washington Redskins
c. Green Bay Packers
d. Miami Dolphins

3. Which male solo artist has won the most Grammys?
a. Bruce Springsteen
b. Ray Charles
c. Stevie Wonder
d. Vince Gill

4. What team has won the most Super Bowl championships?
a. Pittsburgh Steelers
b. San Francisco 49ers
c. New England Patriots
d. Dallas Cowboys

5. Who is the youngest person to win an Oscar?
a. Abigail Breslin
b. Tatum O'Neal
c. Anna Paquin
d. Keisha Castle-Hughes

ANSWERS: 1. b; 2. c; 3. c; 4. a; 5. b

[MOVIE OF THE MONTH]

A Gnome by Any Other Name

The story might not be new, but the spin is. This month's **Gnomeo and Juliet** (February 11) turns literature's most famous star-crossed lovers into 3-D animation—and garden gnomes—with a few other twists along the way. Starring Emily Blunt, Maggie Smith and Michael Caine.

37%

of kids ages 12 to 17 have been bullied, according to a CNN poll. **Actress Brittany Snow** (from *Hairspray*), **MTV** and the **Jed Foundation** (a nonprofit that focuses on preventing teen suicide) want kids to know they're not alone. That's why they've created LoveIsLouder.com. Have your kids make their own video, 30 seconds or less, explaining what they think love is louder than, upload it to your.mtv.com and tag it as "loveislouder," or support the movement on Facebook and Twitter (#loveislouder).

Inside Scoop

Though it's too chilly for barbecues and the beach days, 80% of Motherboard moms say the amount of time they spend as a family doesn't change in winter. Here are a few of their kids' favorite at-home activities:

- Watching movies
- Playing board games
- Arts and crafts projects
- Cooking/baking
- Playing on the computer
- Reading books
- Watching TV
- Playing video games

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SEALED WITH A KISS

There's no better time to have a heart than on Valentine's Day. Give back with your kids using these gift ideas:

→ **Make an online donation to the Make-a-Wish Foundation** (wish.org) in a family member's name, then print out a personalized Valentine's Day certificate.

→ **Purchase V-Day presents at the American Heart Association's shopgored.org.** Bonus: Wear red on National Wear Red Day (Friday, February 4) and raise awareness of heart disease as the number one killer of women.

→ **Support farmers in Ghana** by purchasing fair trade–certified chocolate at divinechocolate usa.com.

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At Walmart, we've long been convinced that no one knows more about family than mom. That's why we've teamed up with the **Motherboard™** to tap into the latest *"mom-approved"* advice and inspiration for those special winter evenings when you just want to stay home with the ones you love. Great moments, and great memories. Now available at everyday low prices.

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Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure
- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

CRD057-0510A

Please see Brief Summary on following pages.

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

cimzia® (certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.
- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection**. (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure**.
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis**.
- **are scheduled to receive a vaccine**. Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA**. See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab),Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section **"Patient Instructions for Use"** at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
- tiredness (fatigue)
- poor appetite
- fever, skin rash, or joint pain

- **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis**. Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions**. Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:
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CCD123-1209 4E

MY HOMETOWN

→ BY CAREN OPPENHEIM

The Erickson family: Brian and Becky; Connor, 11; Sarah, 18; and Emily, 16.

Downtown Loveland

The Benson Sculpture Garden

Population: 66,215
Locals love: Penguins, an independent store that serves breakfast sandwiches, coffee and homemade ice cream. Kids can custom-create a flavor for a birthday party.

Loveland, Colorado

Special town-wide Valentine's Day traditions, a vibrant art scene and the nearby Rocky Mountains make it easy for Becky Erickson and her family to be head over heels for their hometown.

In 1986 Brian and I were both counselors at a camp close to **Rocky Mountain National Park**. I'm from Wisconsin, he's from North Dakota, and neither of us had ever been to Colorado. It was love at first sight—for each other and our breathtaking surroundings. The beautiful mountains and laid-back lifestyle captivated us, and six months later we got married and settled here.

One of our favorite things about living in the area is the outdoors. Loveland is called the **"Gateway to the Rockies"** because of its proximity to the gorgeous mountain range. We all get a thrill from climbing the cliffs. The height can be daunting, but climbing is fun and safe—and a confidence-builder for the kids.

When we're not exploring, our children are busy with a variety of extracurriculars. The girls are close in age and share many common interests. They both play tennis—Emily placed third in the state last year—and they're on the high school yearbook staff and student council. Connor is in Cub Scouts and enjoys video games, but is quite a bookworm too.

Loveland wasn't named after Valentine's Day, but with a nickname like **"Sweetheart City,"** it goes without saying that the holiday is a big deal here. In the **Valentine's Day Re-Mailing Program** people send us their pre-addressed, stamped cards, in a larger envelope. Each one is hand-stamped with a festive phrase and design created by a resident, then mailed out. Letters come from all over the world. It's been going on for more than 60 years.

Our local newspaper, ***The Loveland Reporter-Herald***, runs a contest in February with daily clues and riddles that readers can follow in search of a hidden, heart-shaped token. Even though we've never won, our kids always make elaborate plans of how we'd spend the $500 prize.

The area has a growing reputation as a mecca for art lovers. There are several foundries for producing metal castings. That's why there are hundreds of bronze sculptures situated in various public places. **The Benson Sculpture Garden**, which we often visit, has 130 pieces. One of our favorites, **"Shortcut,"** shows a group of children walking on a log. I love the innocence it represents and how it reminds us to pause during our busy schedules. ●

Illustration: Joel Holland.

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to **hometown@familycircle.com**.

PHOTOGRAPHY BY BROOKS FREEHILL

→ BY ALISON GOLDMAN

CAUSE →

VOICES FOR CHILDREN

JENNA PRICE, 45
Hometown → San Diego
Family → Husband, Joseph; daughter, Audrey, 10

Jenna Price and Jacob*, 14, love spending time together, but she isn't Jacob's mom or teacher. She's his Court Appointed Special Advocate (CASA)—and the reason that Jacob, a former foster child, now has a permanent home.

CASA volunteers are assigned by judges to look after abused and neglected kids in the foster care system. These mentors are often the only constant in a childhood filled with changing homes and faces. Since CASA's 1977 inception, its advocates have served more than 2 million kids.

Jenna, a former attorney and current stay-at-home mom, was at a work event 12 years ago when she heard about CASA's San Diego chapter, Voices for Children, and she signed up immediately. "There's potential in all of these children," says Jenna, who has since overseen seven foster kids. "They just need someone to pay attention to what's going on in their lives."

In 2005, Jenna met Jacob, then 9. Since entering foster care three years earlier, he had moved six times. Jacob was scared and angry, and he had trouble trusting people. Because of his multiple placements and emotional instability, he had been deemed "unadoptable," meaning he would be in foster care until age 18. But Jenna had hope for Jacob. Rather than concentrating on his past troubles, she focused on what the two of them could do in the present to shape a positive future. Jenna built his trust by spending time with him—they'd go on hikes and visit the zoo together.

She worked tirelessly to find Jacob the right classes and teachers to help him succeed at school, and she went to court to fight for his right to a foster home that could meet his needs. When Jacob was 11, the court saw his progress and reversed the unadoptable decision; soon after, he met the couple who became his adoptive parents.

Jenna's experience with CASA has taught her that by being there for a child you can create enormous and exciting changes in his life. "Kids like Jacob have been through so much," she says. "But there's still this wonderful spirit inside." ●

Name has been changed

To sign up to volunteer, learn more or make a donation, visit casaforchildren.org.

KNOW SOMEONE WHO'S HELPING TO CHANGE YOUR COMMUNITY? Send details along with a photo to goodworks@familycircle.com.

PHOTOGRAPHY BY DON DIAZ

PREGNANCY TEST

The sexual pressure on today's kids—from peers, pop culture and their own raging hormones—can be intense. And while there's no way to monitor tweens and teens 24/7, you can (hopefully) teach them to do the right thing.

By Laura Flynn McCarthy PHOTO ILLUSTRATIONS BY FREDRIK BRODÉN

You can't miss it: American attitudes on adolescent pregnancy have taken a big U-turn since the time of shotgun weddings, homes for unwed mothers and scarlet A's. Nowadays a teen parent might land on a hit reality show like MTV's *16 and Pregnant* or its spinoff, *Teen Mom,* and show up on multiple magazine covers. Or she might, like Bristol Palin, score a role on *Dancing with the Stars.* And all that openness isn't reserved for the world of entertainment. It's also evident down the block. "My 16-year-old has a peer who's pregnant and the mother's friends are planning a huge shower with gifts, decorations, party games, etc.," says Susan, a Kansas City, Kansas, woman who doesn't want her real name used because she worries that her opinion might offend some people. There have been other modern twists as well—in Gloucester, Massachusetts, 17 high school girls allegedly made a pact to each have a baby. That same year the town's teen pregnancy rate quadrupled.

But acceptance that verges on glamorizing the baby bump can't change the fact that teen pregnancy is still a major problem, for families and for the nation. Every hour, 87 teen couples conceive and 50 adolescent girls give birth. That's more than 730,000 pregnancies annually, which means the U.S. has the highest rate of any industrialized country, according to The National

FC FACT

Less than **half** of teen mothers graduate from high school and only **2%** earn a college degree by **age 30.**

Source: The National Campaign to Prevent Teen and Unplanned Pregnancy

Campaign to Prevent Teen and Unplanned Pregnancy. Although the birth rate among adolescents dropped 2% in 2008 (the most recent statistic), it's still higher than it was five years ago. One-third of girls conceive before age 20, and 1 in 6 deliver a baby. Most surprising, about 20% of young people's pregnancies actually are intended, says Bill Albert, chief program officer of The National Campaign.

Experts are baffled, given that effective birth control options are readily available and have been for years. They suggest a constellation of possible explanations. For starters, there are many parents who think their kids aren't the ones at risk. About 70% of Americans believe most teen parents come from impoverished, single-parent homes. But in truth, two-thirds of pregnant teens live with two parents; 7 in 10 live above the poverty line. "Anybody who says 'Teen pregnancy doesn't happen here' is mistaken," says Sarah Brown, CEO of The National Campaign. "It's everywhere."

Troubling, too, in this age of information overload, is that kids aren't getting complete and accurate facts about how to manage their emotions and physical drives. Though two-thirds of twelfth-graders say they've had sex, only about half report having talked with parents about the decision to do so. Just 43% had been given basic details like how to use contraception and, significantly, how to broach the topic with a potential partner, according to the Henry J. Kaiser Family Foundation. So they end up not using birth control, using it incorrectly or relying on a less effective method for preventing pregnancy. Net result: The contraceptive failure rate is 25% higher for teen girls than for adult women.

Most parents confess deep uneasiness, even embarrassment, about discussing sex and pregnancy prevention. "The subject brings up a lot of control issues," says Rosalind Wiseman, author of *Queen Bees and Wannabes* (Three Rivers Press) and a *Family Circle* contributing editor. "We're forced to face the fact that our children make decisions without our input and against what we'd choose for them. And the topic also brings up our deep discomfort about the messiness of sexual responsibility and values. We don't like thinking about teen sexual activity, so we deny to ourselves that it exists." Teen motherhood, adoption, abortion, radically different ideas about who a person should have sex with, when and why—these topics are as fraught for families as they are for society at large. "It's not like the subject of drugs, where you can say, 'Don't ever do it,'" says Karen Troccoli, a professional teen-health educator in Bethesda, Maryland. "It's more like, 'Wait. Not yet. Eventually.' The message has to be much more nuanced." Another complication, says Wiseman, is that moms and dads are too apt to believe teens who say they're still virgins. "Kids are great at spinning things in their own minds so they come across as incredibly sincere," she says. "And adults fall for the stories."

Many families depend too much on schools for sex education, says Troccoli. "But those classes meet for only a couple of hours, for a few weeks. Kids need answers all the time." And even parents who are willing to address these issues at home aren't sure what they should be saying. "There's a big concern that by teaching about contraception, you're giving tacit approval to your kids to have sex," she says. "But research shows that's not true. It's like telling your children not to drink, but if you do drink, don't drive." Ignorance doesn't hold them back. In fact, it puts them at greater risk.

What many parents don't realize is that the information being given in sex ed isn't always complete. While 22 states require emphasis on abstinence in these classes, and 17 suggest that contraception be mentioned, to date no state makes it compulsory to educate kids about birth control. Meanwhile, the best approach by far, according to a recent

Reality Trip

Few topics arouse more controversy on **Momster.com**, *Family Circle*'s social network, than teen pregnancy. This mom, one of at least a dozen on the site with direct, personal experience with the subject, agreed to share her story.

My daughter, then 15, started dating a boy in December 2009. She and I had had many conversations about values, protection and abstinence. She assured me that no, she was not having sex, nor did she want to. Girls who did were "sluts," she said. She was a good student, read all the time, didn't go out and party, and had a nice group of friends. So I believed her.

The Wednesday after her 16th birthday, I get a text from my daughter, who is in her bedroom. "Mom, I need to talk to you," it reads. I find her sitting on her bed, crying. "He broke up with you," I say. "No," she answers. "You're pregnant," I say. "Yes."

I feel sick. I sit down next to her, and ask if she is sure. Yes, she is. I ask if she has thought about her options. She is adamant about keeping her child. So I respect her decision. Then I make her call her dad (we're divorced). He can't even speak with her. I don't yell. I know she is scared. She knows she messed up. I tell her we will help her in every way possible. I give her a big hug, tell her to try to get some sleep.

The next morning, a blood test confirms the pregnancy. I call my husband at work and he says don't worry, we'll deal with it. My 13-year-old son is upset by all the drama, so in the next weeks I make sure to give him plenty of one-on-one time. At school, some of my daughter's friends are supportive. Others—including several she knows to be sexually active—call her names. That hurts.

Three months into the pregnancy the boyfriend breaks up with her. I comfort her and say that she will be an amazing mom and that the baby will be loved by more people than she can imagine, including my parents and my sister. Her father, by then, has come around.

On October 13, 2010, she delivers a healthy 9-pound baby boy. She does most of his care herself, and is finding out infants are not all toys and cute clothes. She has kept up with her homework online, is starting a Certified Nursing Assistant course, and plans to follow it with a nursing degree. Her ex-boyfriend has not been in touch at all. She's met a nice boy at church—and says she doesn't want to have sex until she is married. However, I know I cannot bank on that and insist she go over birth control options with her doctor.

My daughter has taken a part-time job and pays for as much as she can. She has a game plan for her life, and she will succeed.

study by the University of Pennsylvania, is instruction that focuses on abstinence until teens are older—but not necessarily married—and answers students' questions about birth control accurately. "I live in an abstinence-only state," says Paula Van Valkenburg, of Spartanburg, South Carolina, who has two daughters who became teen mothers, one at 15, the other at 17. "And at home we had very strict guidelines about dating and sex. If I could turn back the clock, I would have brought up birth control much more often, including how important it was for them not to leave it up to the young man."

Some parents, too, may feel discouraged about competing with the deluge of outside information their tweens and teens are flooded with. And they're right to be concerned. Kids ages 12 to 17 who watch a lot of sexually charged television shows are twice as likely to experience a pregnancy in the subsequent three years as those who watch the fewest, according to a recent report in the journal *Pediatrics*. The idea of being in the spotlight—whether as star of a TV show or just of your own social group—as well as the unconditional love babies bring, may explain why many teen girls become pregnant intentionally, says Bill Albert, chief program officer of The National Campaign. "Some teens think a baby automatically makes you an adult," he explains. "And others think of a baby almost as an accessory or cool thing to have." Susan, who decided not to let her daughter attend the friend's baby shower, worries that teen motherhood is starting to look too easy. "When we celebrate it that much," she says, "I think we risk making the pregnant girl's peers jealous of the attention. You can show support without forgetting that this is not okay."

There are no guarantees that our kids will make it through their teen years without experiencing a pregnancy. But one truth remains: "The research shows," says Albert, "that parents who brave their own discomfort and talk with their children about relationships, love, sex and contraception, who express honest caring and concern about these issues, and are clear about what they think and why, greatly reduce their children's risk of teen

parenthood." Mothers and fathers, in other words, still have enormous influence—even during those times when what's happening in the moment may overwhelm a kid's common sense.

Not My Kid

Forget about having The Talk. Preventing teen pregnancy requires an ongoing series of short conversations, with plenty of listening on both sides.

FC FACT

73% of **adults** and **37%** of **teens** say they wish young people were getting more **information** about both abstinence and birth control.

Source: The National Campaign to Prevent Teen and Unplanned Pregnancy

1) Stay close. Teens who feel connected to their parents delay sexual intercourse longer than those who don't. "Once or twice a week do something just for fun with your teen," says Hatim Omar, M.D., chief of the Young Parent Program at the University of Kentucky in Lexington. "When you make yourself available in a relaxed way, he or she will be more likely to come to you about important things."

2) Be prepared. Decide now with your spouse what messages you want to convey, such as, "Our religion requires abstinence until marriage and we think that's best" or "We want you to finish your education before you have children" or "A loving relationship is based on caring and respect and doesn't have to involve sex." If you've thought your ideas through, you'll be less uncomfortable—and your child will remember what you said, not just how you said it.

3) Give complete facts. To obtain information about contraception, visit the websites of the American College of Obstetrics and Gynecology (acog.org) and Planned Parenthood (plannedparenthood.org). Spark values talks by discussing what you watch together on TV. The National Campaign has partnered with MTV to create discussion guides to *16 and Pregnant*. Go to thenc.org/fc.

4) Stay vigilant. Boyfriends and girlfriends should be allowed only in shared areas of the house, not the bedroom. From time to time, a parent should pop in unexpectedly, maybe with snacks. If there's an upcoming party, call and ask exactly how it will be monitored. Will parents be around? Are they planning to be present but off in another part of the house, or will they be checking in occasionally? If the answers don't satisfy you, no party.

5) Push healthy passions. When tweens and teens develop talents and abilities through group memberships—clubs, sports, theater—they are more likely to have clear goals, which in turn makes them more likely to think their choices through. "Kids who feel they have a promising future are the most deliberate in preventing pregnancy," says Troccoli. "Hope is a great contraceptive."

6) Instill healthy guilt. Knowing that you disapprove could be what keeps your teen from making a bad decision. "Kids internalize your values," says Ron Zodkevitch, M.D., a child psychiatrist in Beverly Hills. "Their own guilt is a stop sign. Make your feelings clear. For example, if you're watching a show featuring a pregnant teen, say, 'If that happens to you, I'll be extremely disappointed.'" Just avoid coming down so hard that your child is afraid to reach out to you when she needs help.

7) Make babies real. Give your sons and daughters opportunities to babysit, or enroll them in high school classes in which students care for a computerized life-size baby doll programmed to cry, feed and need diaper changes on a real infant's schedule. Studies show these lessons increase teens' awareness of how demanding and relentless parenting responsibilities are, and make them want to delay the experience. About half of high schools in the U.S. have these dolls. If yours isn't one of them, ask your administration to consider bringing in a program. Go to realityworks.com for more information.

8) Offer scripts. Teens equipped with exact words and phrases are better able to say "No" in the heat of the moment. A girl who is told, "Sex will make us closer," can respond, "Not if I'm worried about getting pregnant. The pressure will drive us apart." A boy urged by friends, "Get laid and be a man," can say, "I am a man. I don't need a pregnancy or a sexual disease to interfere with my dreams and goals." A boy whose girlfriend says, "Don't you like me?" can reply, "Yes, but I respect you too. You're beautiful and I want to get to know you better."

9) Don't stop talking. Pregnancy may be hardest for everyone when it occurs in younger adolescents, but it is more common among older teens. So keep the conversation going even after your kids graduate from high school. ●

FamilyCircle.com
For ways to help tweens and teens resist pressure to have sex, go to **familycircle.com/teenpregnancy**

SERVING UP A SOLUTION

Hoping to prevent childhood obesity, Gracie Cavnar's Recipe for Success Foundation is teaching school kids to say no to fast food and yes—please!—to healthy, home-cooked meals. **By Sondra Forsyth** Photography by Jack Thompson

EVEN IN WINTER, THE RECIPE GARDEN AT MACGREGOR ELEMENTARY SCHOOL in Houston is thriving, with butterflies darting among herbs, carrots, tomatoes and spinach. Inside, the fourth-graders in a cooking class are eager to start their assignment for the day—making whole-wheat gingerbread applesauce mini muffins. Gracie Cavnar, 58, asks who wants to measure the flour and crack the eggs, and a sea of hands shoots up in the air. Sporting white aprons and big smiles, the students scoop, stir, pour and pop the batter into the convection oven. As a sweet and spicy aroma fills the room, they can barely wait for the timer to ring.

Gracie, who studied at the Cordon Bleu in Paris, has always had a passion for eating well.

Students grow, harvest and cook dishes so they'll know that real food doesn't originate from a drive-thru window or vending machine, says Gracie.

Finally, they all gather at a big table, wish each other bon appétit and dig in. "Do the muffins taste good?" Gracie asks, and heads nod in approval. "Would anyone like to add or say something?" Trevoyie, one of the more eloquent kids in the group, happily volunteers. "I like cooking because I can express myself through the flavors," he says. "And I like gardening because it teaches me that even though plants can't see or hear, I should treat them the way I'd like to be treated, because they provide food and help clean the air."

Gracie beams. Offering a fun, hands-on education about healthy eating is what her Recipe for Success Foundation (RfS) is all about. Launched in 2006, the group's goal is to prevent childhood obesity by changing the way kids eat. RfS now serves 3,500 Houston-area students, who grow, harvest and prepare their own dishes. It also offers after-school sessions, summer camps and nutrition education classes for parents. "We want kids to know that real food doesn't originate from a drive-thru window or vending machine," says Gracie. "And we want them to understand that families who grab meals on the run instead of sitting down together are missing an important chance to connect." The message seems to be getting across. Says one woman whose grandson is an RfS kid: "He's trying—and loving—vegetables and other things I never thought he would. He's even picking out recipes so we can cook and spend more time together. Recipe for Success has changed our lives."

30%
OF KIDS
EAT FAST FOOD
EVERY DAY

Gracie has always had a passion for eating well. "I grew up cooking and gardening, and learned early on the extraordinary difference in flavor between processed food and fresh seasonal produce," she says. After earning a degree in architecture at the University of Texas, she took a brief detour to study at the famed Cordon Bleu in Paris before becoming a public relations executive. In the 1990s, after learning that nearly 50% of fourth-graders in the Houston area were overweight, Gracie waged a successful campaign to banish vending machines from Texas elementary schools. Then she came up with the idea of starting healthy cooking classes that would also teach kids English, math and a little science. "I envisioned a program where students would write essays on their favorite foods, and where they'd learn everything from measurements and fractions to the definition of emulsion," she says.

(continued)

IMPORTANT FACTS

Prevnar 13®
Pneumococcal 13-valent Conjugate Vaccine
(Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13®

- Prevnar 13® is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13® may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13® may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13® does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

BEFORE STARTING PREVNAR 13®

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13®.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13®?

- Prevnar 13® is recommended for children 6 weeks through 5 years of age.
- Prevnar 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13®.
- ***Catch-up schedule:*** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13® to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13®?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13®, Prevnar®, or any diphtheria toxoid–containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13®

Prevnar 13® may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13® are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13®. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

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20% OF CHILDREN BETWEEN 6 AND 11 YEARS OLD ARE OBESE, UP FROM 5% IN 1980

After setting up her nonprofit in 2005, Gracie spent the next year researching school nutrition programs across the country, as well as meeting with city and county commissioners. She also devoted herself to fundraising. "I contacted everyone I knew who might be able to help, including Bill White, who was then mayor of Houston," she says. "His wife held a kickoff gala for us, which meant I had to do what I said I was going to do!" In short order, Gracie organized dinners that helped bring in private donations and corporate sponsors. On top of that, she convinced 47 of the city's best chefs to help her teach in the classroom.

The following year Gracie and a small group of friends spent the summer assembling portable cooking stations in her living room. "I ordered prefabricated cooking carts with stainless steel tops, and we added casters on the bottom, power strips and shelves to hold convection ovens and electric burners," she says. "Then we outfitted each one with pots, pans, measuring spoons, bowls and cutting mats." Recipe for Success made its debut that September, literally rolling into five local schools for a monthly cooking session with fourth-graders. "Back then we'd set up the carts in the hallway, then go into the classrooms and cover the desks with oilcloth," Gracie recalls. "For cleaning up, we boiled water in electric kettles and poured it into big plastic tubs."

RfS has come a long way from those humble beginnings. It now has 19 full- and part-time employees. The program has helped schools install permanent kitchens, and Gracie has trained teachers to conduct the classes so she doesn't have to lead them all herself. In 2008 she won a President's Volunteer Service Award from George W. Bush, and last year met with White House chef Sam Cass to help spearhead Michelle Obama's Let's Move campaign. "You'll still find me in a school at least once a week," she says, "but this way I have time to raise funds and keep the program growing."

Gracie is quick to point out that Recipe for Success wouldn't have been possible without her family's support. Her husband, Bob, 57, president and CEO of the oil and gas company Milagro Exploration, serves on the charity's board of directors. Gracie's 36-year-old son,

Justin, who works with Secretary of Education Arne Duncan in Washington, D.C., designed the group's website; and Bobby, 31, an investment banker in Houston, helps with fundraising. Daughter Gina, 26, has been a tireless RfS volunteer in the classroom. She's also the mother of Gracie's first grandchild, 2-year-old Joseph, and she's gotten him off to a healthy start nutrition-wise. "She makes baby food herself, just like I did," Gracie says. "And his first solid food was whatever the family was having for dinner—only thrown into the blender. Now he loves hummus, broccoli, green beans, carrots, even jambalaya, not to mention every kind of fruit. He gobbles blueberries and strawberries like candy! He's eating right at an early age, which is what I want for all children."

She's already making measurable headway on that front. Researchers at the University of Texas School of Public Health, who assessed students in the RfS program, found that they have significantly increased the number of servings of fruits and vegetables they consume each day. In the meantime, Gracie has ambitious plans to expand the group's reach. Seventy-five local schools are now on the waiting list to join RfS, and a project is under way to duplicate the program in Alaska, Colorado, Maryland and New York. She's also developing Newtrition, a healthy vending machine company whose proceeds would be used to support RfS. "But my biggest dream for the future is New Hope Farms," she says. "We're working with the mayor's office to turn abandoned property into organic plots. I also want to encourage area farmers to donate fresh food to schools—especially those with youngsters who qualify for free or reduced-price breakfast and lunch."

As rewarding as her accomplishments are, nothing gives Gracie more joy than her one-on-one contact with the kids. "They hug me when I arrive," she says. "I look at them as my surrogate children, and it's wonderful to see them learning cooking skills and healthy eating habits. They're also gaining self-confidence and an appreciation of the value of teamwork—lessons that will benefit them for the rest of their lives. For me, that's what puts the 'success' in Recipe for Success." ●

To learn more, go to Recipe4Success.org.

18%

OF ADOLESCENTS BETWEEN 12 AND 19 YEARS OLD ARE OBESE, UP FROM 6.5% IN 1980

"I'd act my age, but I don't even know it."

– Mac

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SUPPORT SYSTEM

By Pamela Kramer ILLUSTRATIONS BY RICHARD MIA

Maybe your parents need to spend smarter. Or maybe their retirement savings aren't enough to cover the bills. Whatever the problem, there are ways to help without jeopardizing your own family's finances.

Lipika Frith, 38, of Tallahassee, Florida, always thought her parents would have enough money to retire in comfort, but things didn't work out that way. After her father passed away two years ago, her 73-year-old mother, who was partially paralyzed, had a tough time paying her mortgage and mounting medical expenses. "Money is the last thing I wanted my mom worrying about," says Lipika, a part-time legal researcher. She tried to help conserve her mother's limited resources by buying her groceries and taking her out for meals. But that put a financial strain on Lipika and husband Jerry, 36, a salesman; they were already struggling with the high cost of raising their

children, Kristopher, 16, and Maya Grace, 2. "Mom had some income and investments, but we worried how long her money would last, especially if there were more setbacks," she recalls.

Lipika, whose mother died in October, is one of the growing number of Americans who have felt the squeeze trying to help their aging parents make ends meet. Across the country seniors have seen rising costs take huge chunks out of their social security and pension checks. In the face of longer life spans and chronic illness, even those who've diligently saved all their lives are seeing their nest eggs dwindle and debt rise.

As a result, about one in three adults contribute to their parents' care—on average, some $2,500 a year—according to the Pew Research Center. That can be hard not only on your pocketbook but also on your emotions. "Becoming a parent to your parents is not what any of us expect to be doing at this stage of life," says Georgia Witkin, Ph.D., a psychiatry professor at New York City's Mount Sinai Medical Center. "It's new—and often very frightening—territory." Whether your mom and dad need to manage their money more wisely or cope with a full-blown financial crisis, there are ways to lend them a hand without sacrificing your savings or your sanity.

Your parents are confident they have enough money to live comfortably during their retirement years. You'd like to get a clear picture of their financial situation before a crisis occurs, but they feel money matters are private and don't want to talk to you about them.

An indirect approach is usually the best way to get them to drop their guard and start a conversation. You could say, "Mom, my best friend's parents are really struggling with money and she's helping them sort things out. How are you guys doing?" You could also pass along relevant newspaper and magazine stories, or suggest attending a financial seminar together. "It may take several attempts, but chances are good that money's on their mind, and they'll be relieved to talk about it," says Jonathan Pond, author of *Safe Money in Tough Times* (McGraw-Hill).

Once they do open up, gather their financial paperwork (bank statements, investment records, loan documents, etc.) and determine their total assets and liabilities, income and expenses. Reassure them that you want to be certain they have enough money for the years to come and that you are not

trying to take control. "Some seniors are hesitant to share financial information because they're worried their children will take all the money," says Jeanie Wyatt, CEO of South Texas Money Management in San Antonio. Then figure out how long their funds will last at their current rate of spending. (Use the American Association of Retired Persons Retirement Nest Egg Calculator at aarp.org/money.) If there's not enough money, your parents may need to adjust their investments. Pond recommends a mix of one-third stocks and two-thirds income-earning securities, such as CDs, bonds and money market funds.

Now is also a good time to ask your parents about other key money matters. Do they want to stay in their home or sell it and move to a smaller place? Do they have a long-term-care policy? "When seniors run out of money and don't have coverage, the cost of care usually falls to their kids," says Lyn Dippel, vice president at Financial Advantage, in Columbia, Maryland. If your parents don't have insurance, Dippel suggests buying them a policy and splitting the cost with your siblings.

Helping to pay for your parents' care can be hard not only on your pocketbook but also on your emotions.

And what if your parents won't discuss their finances? Hire a financial advisor. Ask friends, family and colleagues for references, or visit the National Association of Personal Financial Advisors website (napfa.com). Pond suggests using a fee-based professional rather than one who earns commissions on sales. "You want someone who is independent and will recommend what's in the client's best interests," he says. Set up an initial meeting and inform your parents you're coming along but that they'll have final say on hiring the advisor and managing their money.

→ Half of your parents' retirement fund was invested in the stock market—at your urging—and the value of their portfolio has plummeted. Though they're trying to downplay their troubles, you can see the warning signs, including mounting unpaid bills, maxed-out credit cards, house repairs left undone. The stress is taking a toll on you and also causing arguments between you, your husband and siblings.

Don't waste time and energy feeling guilty. Instead, address the problem head-on. Figure out how much they're coming up short each month, then look for immediate ways to cut expenses. "Simple cutbacks, like eating out less and canceling premium cable channels, can save a couple hundred dollars or more a month," says Pond.

At the same time, take steps to boost their income. One option is moving low-rate savings and money market funds into higher-yielding short-term money market accounts, CDs and bond funds. "You could increase the yield by 2% without putting the principal at risk," says Pond. (To find the best rates, visit bankrate.com/cd or go to investinginbonds.com.) Encourage them to sell unnecessary possessions, like their stamp collection or the dining room furniture they never use.

You've also got to tackle their credit card debt. First, discourage your parents from racking up more charges. Then go to the National Foundation for Credit Counseling at nfcc.org to find an

With longer life spans, even retirees who've diligently saved are seeing their nest eggs dwindle.

expert who can help them negotiate with their creditors and set up a payment plan. If you want to give them money to help pay off what they owe, talk with your spouse about how much you can afford. Then sit down with your siblings and ask them to contribute in a way that feels fair to everyone. Those who earn less could help out in another way, such as by taking your parents to doctor appointments. "You want to work together for their sake and keep past rivalries out of it," says Witkin. A plan that involves the entire family will ease your anxiety—and keep your spouse from feeling angry and resentful. If you can't come to an agreement, consider hiring a financial advisor or attorney to act as an intermediary.

If these steps don't bring their budget back in line, your parents may have to take out a reverse mortgage, which allows those 62 and over to borrow against the equity in their home. The loan doesn't have to be paid off until they move, sell the property or pass away (you and your siblings will likely be responsible). Reverse mortgages typically have steep fees and aren't right for everyone. "A financial advisor can help you weigh the pros and cons," says Wyatt. For more information, visit the Reverse Mortgage Education Project at aarp.org/money.

→ **Your mom and dad have always counted on selling their house and buying a cheaper place to finance their retirement. But the value has dropped, and they can't find a buyer. Your parents have missed several mortgage payments and could be facing foreclosure.**

Get the name of their lender and call immediately to find out what their options are for getting back on track. Most mortgage firms will work with delinquent borrowers by negotiating new payment plans or refinancing their loans at lower rates. "The sooner you get in touch, the greater chance you have of saving their home," says Pond. Be prepared to explain why your parents haven't been able to make their payments and to provide information about their overall assets and liabilities. If you don't want to negotiate with the lender yourself, have a housing counselor do it for you. The Department of Housing and Urban Development (hud.gov) offers free or low-cost help nationwide, and its new Hope for Homeowners program provides 30-year, fixed-rate Federal Housing Administration mortgages for those at risk of foreclosure. In the meantime, help your parents sort out their bills and determine which ones need to be paid immediately. Call their unsecured creditors (such as doctors, dentists, etc.) and ask to postpone or reduce their payments.

If foreclosure is inevitable and your parents owe more on their loan than their home is worth, consider a short sale, where the bank agrees to accept less than the loan balance. Another possibility is filing for bankruptcy, which would allow your parents to keep their home and eliminate at least some of their debt. Contact the National Academy of Elder Law Attorneys at www.naela.org to find a lawyer who can help all of you decide what's the best course of action. ●

EXCLUSIVE SURVEY Barilla Family Circle 2010 Share the Table Parents and Kids Study

PULL UP A CHAIR

It's unanimous—experts agree that frequent family dinners keep the lines of communication open between parents and kids, and create feel-good connectedness. Put simply, just the act of being there shows where your crew's priorities are. And solid statistics prove that breaking bread together reduces the risk of kids abusing drugs and results in fewer eating disorders among girls. It all makes perfect sense, but we wanted to know more. So we partnered with the pasta pros at Barilla to survey moms, dads and kids ages 8 to 18 about sharing mealtime. The findings provide food for thought.

61% of kids say their parents are more relaxed and fun to be around when they all have dinner together.

Photo: Tim Pannell/Corbis.

POWER OFF

40% of respondents said cell phones were NOT ALLOWED at the last family dinner they enjoyed.

TRUE OR FALSE?

As kids get into the teen years, they're less willing to be part of family dinners.

ANSWER: FALSE There was no statistically significant difference between kids 8-12 and those 13-18 when it came to ranking the relative importance of eating together at home versus engaging in other activities.

TALKING THE TALK

What's on the conversational agenda when everyone convenes for a meal? Parents and kids dish on the Top 5 topics:

1. School/education
2. Something a friend or family member did
3. An event in the news
4. Health/nutrition
5. A tough problem

If chitchat stalls, resist the urge to press tweens and teens about their day or their friends, says William Doherty, Ph.D., professor at the University of Minnesota in the department of family social science. Trying to force conversation is generally unproductive, he says. Better to let it unfold on its own. Some meals may result in more interaction than others. That's okay. Avoid overreacting if your son or daughter says something negative like 'I hate math.' Ask in a low-key way if there is something specifically wrong and if you can help. But don't turn dinner into a dreary lecture about effort and stick-to-itiveness (Yawn.) Last but not least, aim to keep everyone in the discussion loop. Don't veer off to problems that are really for the adults to resolve. To find out more, go to barillaus.com and click on Share the Table.

POP QUIZ

What percentage of respondents agreed with this statement:

"When my family eats dinner together, I really feel I'm doing the right thing as a parent."

a) 31%
b) 49%
c) 70%
d) 87%

Answer: d

70%

OF KIDS AGREED: "I appreciate my parents more when we take time to share a meal together."

65%

of respondents agreed with this statement: "My spouse and I generally feel less stressed when we eat dinner together as a family."

With just shy of two-thirds of moms and dads saying that everyone eating together makes them feel more centered as a parent, dinner seems to be the new yoga. But to attain bliss, you need to keep it relaxed. Chew on this advice:

Be realistic about what you can cook within a given time frame. In other words, trying to whip together a gourmet-caliber meal in a 10-minute window will only leave you aggravated. If your typical evening allows for, say, 20 minutes of prep, put together a repertoire of reliable recipes that meet your real-life criteria. The Internet (especially familycircle.com and recipe.com) is a terrific resource for this.

Remember, it's not necessarily about the food. It's about the company. If there's no other option, you can connect just as well over delivery pizza as homemade whatever.

Consider making a hearty soup or assembling lasagna or a casserole over the weekend. On a busy weeknight, just reheat and make a salad.

If you don't have a slow cooker, consider investing in one. You can get a great model for under $50. A little effort in the morning and you're good to go that night. (Turn to page 184 for our delicious slow cooker recipes.)

Start small, if necessary. As in, if you all currently manage to eat together only once a week, aim for twice. Then go from there.

SYMBICORT is for asthma that is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of SYMBICORT.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.

SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most other asthma medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting $beta_2$-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

FREE PRESCRIPTION OFFER†

And even more savings for up to a year.† Call 1-888-312-0792 or visit MySymbicort.com/save

† Subject to eligibility rules. Restrictions apply.

For more information, call 1-888-312-0792 or go to MySymbicort.com/save

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

Symbicort®
(budesonide/formoterol fumarate dihydrate) Inhalation Aerosol

AstraZeneca

Carnival Magic offers kids—and adults—plenty of places to play.

ALLABOARD

PICK YOUR DREAMBOAT AND SAIL AWAY ON ONE OF THESE COOL NEW MEGASHIPS FOR FAMILIES. By Ellen Parlapiano

Carnival Magic

Party central: a hub for friend-meeting, family-style eating and fest-making 24/7.

LEAVES FROM → Galveston, TX
SAILS TO → Western Caribbean (Cozumel, Mexico; Grand Cayman Island; Montego Bay, Jamaica) starting November 2011
FAMILY FEATURES → At WaterWorks aqua park, race each other on side-by-side super slides, spiral down Twister (the longest waterslide at sea) and whoosh through DrainPipe into a giant "toilet bowl." Head to Sports-Square to climb the sky-high ropes course, buff up at the muscle-beach-style weight lifting area and play mini golf. Later, compete against other families in Superstar Live Karaoke—a real band plays backup.
TEEN TIME → Kids can mingle in 2 private hot spots—Circle C and Club 02. Youth counselors organize pool parties, Guitar Hero competitions and late-night dancing. They also lead teens-only shore excursions.
PARENT PORTAL → On the Lanai promenade, find bliss in sea-view hot tubs that hang over the ship's sides. Or catch up on reading in Serenity, the adults-only retreat. After dinner enjoy live music and a private-label beer at RedFrog Pub or groove to the music on Ocean Plaza's indoor/outdoor dance floor.
INNOVATIVE EATERIES → The international-themed Gathering buffet has stations for burritos, Mongolian stir-fry, Indian tandoori and pasta. At dinnertime, the pasta bar transforms into Cucina del Capitano—the Captain's Kitchen—and the menu showcases beloved recipes from Carnival's Italian captains. Look for their pictures on the walls as you dig into your risotto (extra charges apply).
MORE INFO → 7-day cruises start at $699 per person; $299 each for 3rd & 4th passenger in cabin; 800-CARNIVAL; carnivalmagic.com

Celebrity Eclipse

One hip ship: sophisticated spaces, trendy cuisine and individualized attention, including your own concierge.

LEAVES FROM → Miami
SAILS TO → Eastern Caribbean (Puerto Rico; St. Maarten; St. Kitts)
FAMILY FEATURES → The top-deck Lawn Club has a half-acre of real grass for putting, croquet and bocce. Watch master crafters at the Hot Glass Show, or cheer for the ship's top chefs at cook-offs. Need a computer fix? The iLounge Internet cafe has 26 workstations; take a video class and create a blockbuster.
TEEN TIME → XClub keeps kids busy with video games, a mocktail bar and nightly disco parties. Teens can also join pool Olympics, team trivia and ship-wide scavenger hunts. Outside the club, astronomy and sushi-making lessons are available through the Celebrity Life educational program.
PARENT PORTAL → Let an iPad be your guide—borrow one from the ship—as you tour its extensive art collection. Or join one of the Celebrity Life classes: Cha-cha-cha your way through ballroom dancing or learn cool concoctions in Mixology 101. At night, hit the Martini bar or go wine tasting at Cellar Masters.

Indulge in edible art at QSine on Celebrity Eclipse.

Photos (from top): Courtesy of Carnival; Courtesy of Celebrity.

MOMster® ›››› To share your family's tips, join the discussion at momster.com/fc/cruises

“I was reluctant to talk to my doctor about my unresolved depression symptoms. I'm glad I finally did.”

Free 2-week trial offer for ABILIFY‡

Visit www.ABILIFYmeplus.com

‡Restrictions apply.

Actor portrayal.

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Antidepressants* including:
Lexapro®
Zoloft®
Prozac®
Effexor XR®
Paxil CR®
+
ABILIFY (aripiprazole) 2 mg, 5 mg Tablet

Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

Important Risk Information about ABILIFY

- **Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression**
- **Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients**
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

Take the next step—ask your doctor about ABILIFY.

ABILIFY® (aripiprazole)
2 mg, 5 mg Tablet

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

PPA Partnership for Prescription Assistance

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

570US10AB25501 October 2010 0310A-0845 Printed in USA

ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-ri-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.*

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at **www.abilify.com**

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

570US08CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009

Experience the splendor of Alaska's Inside Passage on the Golden Princess.

INNOVATIVE EATERIES → At QSine restaurant ($30 per person), artful presentations make eating fun: Chitinis (Chinese food in mini martini glasses), Popcorn Fish & Chips (served in a red-and-white popcorn box) and Sushi Lollipops (raw fish on a stick). For dessert, try the tiny candied apples or individual cookie jars.
MORE INFO → 7-day cruises start at $659 per person; $509 each for 3rd & 4th passenger in cabin; 800-437-3111; celebritycruises.com

Golden Princess

Alaskan nature cruise: glaciers and orcas with a hint of history.

LEAVES FROM → Seattle (May through September)
SAILS TO → Ketchikan; Juneau; Skagway; Victoria, British Columbia
FAMILY FEATURES → This newly renovated ship has 5 pools, including 1 that simulates swimming against the current. (Paddle for fun—and fitness!) Movies Under the Stars theater invites you to watch flicks from the pool or a deck chair. As you sail Alaska's scenic Inside Passage, naturalists point out sights and wildlife. Visit historic gold rush towns on port days and learn from hometown heroes: In Juneau meet the first woman to win the Iditarod dog race; in Skagway, a Native American storyteller brings local legends to life.
TEEN TIME → On deck in Glacier Bay, kids get a private viewing of the icebergs (and sometimes whales). National Park rangers encourage eco-awareness and explain global warming. When the sun goes down, Remix club for teens presents dinners, formal nights and hot tub parties. Tweens have a space of their own: Shockwaves hosts pizza and ice cream events, talent shows and scavenger hunts, as well as video game and trivia tourneys.
PARENT PORTAL → Find solitude in the Sanctuary relaxation area ($10 per half-day), with massage cabanas and stewards who spritz you with Evian. On Glacier Bay days, Sanctuary guests are given binoculars, fleece blankets and their own park ranger who delivers commentary. Toast the stunning scenery with a mug of Alaskan Summer Ale.
INNOVATIVE EATERIES → Regional specialties (reindeer chili, anyone?) are showcased in the main dining room and at gala events. Expect several kinds of smoked salmon at Glacier Bay Buffet. On Deck Fish Barbecue has grilled prawns and Alaskan crab cakes.
MORE INFO → 7-day cruises from $649 per person; $499 per person for 3rd & 4th passenger in cabin; 800-PRINCESS; princess.com

Royal Caribbean Allure of the Seas

World's largest cruise liner: 7 neighborhoods, an open-to-the sky park, and a zip line overhead.

LEAVES FROM → Fort Lauderdale, FL
SAILS TO → Eastern Caribbean (Nassau; St. Thomas; St. Maarten) or Western Caribbean (private island of Labadee; Costa Maya, Mexico; Cozumel, Mexico)
FAMILY FEATURES → Extreme thrills await in the Pool & Sports Zone: Fly across the ship on the 9-story zip line and catch waves at the FlowRider surf simulator. Life's a carnival down on the Boardwalk—ride the carousel and grab some cotton candy, then head to the Opal Theater for fresh talent.
TEEN TIME → Kids can chill in 3 VIP lounges (there are specific times allotted to various age groups). The Living Room has comfy furniture, big-screen video games, poker tables and a music studio with drum kits and Fender guitars. Pool parties rage on the adjoining back deck. Fuel Disco offers dancing, open-mike nights and scratch DJ lessons.
PARENT PORTAL → Find your Zen in the spa or the serene, romantic Solarium, which has 4 hot tubs and a freshwater pool. Stroll through Central Park, then sip cocktails at the Rising Tide Bar, which moves vertically to transport you from the park to the lively Royal Promenade 3 floors above.
INNOVATIVE EATERIES → Grab a slice at Sorrento's Pizzeria, a dog at the Boardwalk Hot Dog House or a sweet treat at the Cupcake Cupboard ($2.50 each; or take a decorating class and create your own for $22). For dinner splurge at Brazilian-style Samba Grill ($25 per person), where skewers of meat and

The Opal Theater on Royal Caribbean Allure of the Seas.

SMOOTH SAILING FOR TEENS & TWEENS

Frequent cruisers from our Momster community share their best bon voyage strategies.

→ Encourage kids to attend the first-night welcome party at the teen club—that's when friendships form. *—Packagedealx3*

→ We insist on doing meals and shore excursions as a family, then give our kids the run of the ship, as long as they stay together and check in with us between activities. I position my deck chair center-ship so we can spot one another easily. *—Momsterofboys*

→ We let our kids decide whether to hang in the kid clubs. It makes them feel like they have a say, so no fighting. *—MS*

→ Our rule is at least one activity together each day—as well as dinner. *—MommyRelax*

NCL Epic has way-cool waterslides.

seafood are sliced tableside, and you signal gaucho servers when you've had enough.

MORE INFO → 7-day cruises start at $729 per person; $399 each for 3rd & 4th passenger in cabin; 800-ROYAL CARIBBEAN; royalcaribbean.com

NCL Epic

The laid-back line: flexible dining, no dress code and entertainment for all.

LEAVES FROM → Miami
SAILS TO → Eastern Caribbean (St. Maarten; St. Thomas; Nassau, Bahamas) or Western Caribbean (Costa Maya, Mexico; Roatán, Honduras; and Cozumel, Mexico)

FAMILY FEATURES → If your crew likes action, it's all happening poolside. Drop into a swirling bowl on Epic Plunge waterslide; get slimed in Nickelodeon at Sea games and rappel backward off the rock wall. Upstairs, there's a batting cage and bungee trampoline. At showtime, pick from world-class acts: Blue Man Group, the Second City, Howl at the Moon dueling pianos and Legends in Concert tribute artists.

TEEN TIME → On the top deck, club Entourage offers areas for gaming (PlayStations, foosball and air hockey), relaxing (oversize sofas and giant flatscreens) and grooving (a dance floor and video jukebox). The Recess tween area has video games, plus a karaoke stage doubling as a cinema.

PARENT PORTAL → Unwind your own way at Spice H2O private beach club: By day you can swim, or snooze on cushy lounge beds; at night the pool becomes a pulsating dance floor. For a new twist on frozen drinks, belly up to Svedka Ice Bar, where temperatures dip to

CRUISE CONTROL: 5 WAYS TO SAVE

While cruises are a great value, premium staterooms and out-of-pocket extras—like specialty restaurants and shore excursions—can add up quickly. Cap costs with these tips.

1. **Book with a cruise expert.** Travel agents who specialize in cruises can score great deals. (Ask about discounts for groups and military members.) Do some initial research on sites like CruiseDirect.com, CruiseCheap.com and MyCruiseValue.com, then call the toll-free numbers for personalized service.
2. **Skip the family suites.** It's usually cheaper to get 2 inside cabins, or reserve a balcony stateroom for yourself and put the kids in a nearby inside room.
3. **Find your own flights.** Pass on the sea-air packages. You'll usually uncover better fares by working directly with the airlines or using sites like Kayak.com and Fly.com. (But build an extra day into your itinerary in case your flight is delayed or canceled.)
4. **Buy a beverage pass.** Soda and alcoholic drinks are not included in the cruise price, but a soda card costs about $6 per day. Some lines (like Royal Caribbean and Carnival) also offer discounted wine or beer packages.
5. **Shop around for shore excursions.** First check the ship's website to learn what's offered, then see if you can secure a lower price with a local company. Find reputable ones at ShoreTrips.com or PortPromotions.com.

Photo: Courtesy of NCL.

17 degrees (coats and gloves are provided) and the signature vodka cocktail is a cool Cobalt Blue ($20 cover charge, includes 2 drinks).

INNOVATIVE EATERIES → Freestyle dining means eating when and where you want. Pick from 20 diverse restaurants, including Teppanyaki hibachi grill ($25 per person). The Japanese chefs will wow the kids with their slicing and dicing skills.

MORE INFO → 7-day cruises start at $599 per person, double occupancy, for inside cabins; additional guests in stateroom from $249; 866-234-7350; ncl.com

Disney Dream

A floating adventure: wild water coaster, fanciful restaurants and deck parties with fireworks.

LEAVES FROM → Cape Canaveral, FL

SAILS TO → Bahamas; private island, Castaway Cay

FAMILY FEATURES → The main attraction is the high-speed AquaDuck water coaster, which blasts you through a translucent tunnel extending over the ocean. But each deck has magical surprises—from interactive artwork to family game shows to inside cabins' virtual portholes.

TEEN TIME → A special swipe card gets teens into club Vibe, where they can spin dance tracks, use computer stations or hang out on the private sun deck, which has pools, Ping-Pong and misting jets. Tweensters retreat to Edge, a loft in the ship's forward funnel. It has a lighted dance floor, a giant gaming and movie wall, and green-screen technology so kids can star in photo postcards and video karaoke.

PARENT PORTAL → After lounging at the adult pool, reserve a date night at Remy, the upscale French-inspired restaurant with a Michelin-rated chef ($75 per person). Then explore the District, a strip of grown-ups–only lounges. Don't miss Skyline: Each night the bar glitters with a different international cityscape—London, Paris, New York and more.

INNOVATIVE EATERIES → Rotate through 3 main restaurants with the same servers so you can build a rapport. The decor at Animator's Palate morphs from black-and-white sketches to a full-color under-the-sea scene, with LED screens featuring animated *Finding Nemo* characters. The elegant Royal Palace resembles a ballroom (with a glass slipper chandelier) and has a regal menu to match (crown rack of lamb and princess cake). The more casual Enchanted Garden is set in a trellised greenhouse that transforms from daytime to starry night as the meal progresses.

MORE INFO → 3-day cruises start at $359 per person; 4-day from $459; $329 each for 3rd & 4th passenger in cabin; 888-DCL-2500; disneycruise.com ●

Star in your own fairy tale on the Disney Dream.

Photo: Courtesy of Disney.

NEW LEASH ON LIFE

Considering pet adoption? Look no further than your local animal rescue society.

By Megan Bingham

The recession is tough—even for pets. In 2010, 91% of shelters reported an increase in animals as cash-strapped owners gave up their four-legged companions. To make matters worse, adoption rates have declined. "Many pets across the country are in need of homes," says Arthur Hazlewood, director of the ASPCA's New York City Adoption Center. "We strongly encourage people to make adoption their first option, particularly during these challenging economic times." Shelters are typically run and funded by local government and house pets on-site; rescue groups are staffed by volunteers, supported through donations and usually rely on foster homes. If you're considering adding a furry friend to your family, adopting a pet is a great choice, for three reasons:

Right Price

→ A nominal fee is charged upon adoption, usually ranging from $75 for adult cats to $200 for purebred dogs. (Or the rescue group may request a donation.) This cost typically includes the animal's spaying or neutering, vaccinations, microchipping and follow-up veterinary care—a bargain compared with the $1,500 and up a breeder will charge you for a purebred.

Well Trained

→ Before being placed, animals have completed behavior lessons, ensuring they are properly socialized and house-trained. Of course, a new pet will still need help adjusting to your rules and lifestyle, but most everyday issues should not be a problem.

Good Karma

→ The benefits of adopting are reciprocal, says Robert Rodi, author of *Dogged Pursuit: How a Rescue Dog Rescued Me* (Plume). "I like giving animals who have been abandoned a happy home," says Rodi, "but these dogs turn out to be heroes to me as well—their resilience inspires me to be a better human being."

RESCUE GROUP ADOPTION PROCESS

① **Find a reputable organization.** Since cat and dog rescue groups are almost always regional, Google your state, the breed you're interested in and the word "rescue." Look for groups with no-kill policies and access to veterinary staff and behavioral counselors. You should also visit Petfinder.com, AdoptaPet.com and Rescueme.org.

② **Evaluate your family's lifestyle.** Once you choose an organization, you'll be asked to complete a survey. Some groups will even require an in-home assessment. These evaluations will be referred to when matching your family with an animal.

③ **Meet your match.** After the organization finds a compatible pet, it will arrange a get-together. All family members, including any other animals in your home, should socialize with the prospective pet. This is also an opportunity to discuss any behavior problems and the animal's medical history.

④ **Be committed.** When you're ready to adopt, come prepared. Rescue groups will need at least two forms of ID, personal references and a promise to return the animal should you find yourself unable to care for him at any point. Read the fine print of the contract—breaking the rules may give the organization the right to reclaim your pet. ●

ANIMAL PLANET

Cats and dogs aren't the only ones in need of homes.

- **House Rabbit Society** *rabbit.org*
- **Habitat for Horses** *habitatforhorses.org*
- **Guinea Pig Home** *guineapighome.com*
- **National Reptile Foundation** *nationalreptilefoundation.org*

ILLUSTRATION BY GILBERT FORD

STYLE

→ LATEST BEAUTY ADVICE → FASHION TRENDS → BEST PRODUCTS

Scarlet Fever

Adding a red accessory to any outfit instantly creates a bold focal point, but crimson head-to-toe makes a major statement. The color of passion was all over the runways and is now a wardrobe must-have heading into spring. And don't just save it for Valentine's Day or date night—red rocks any wardrobe, anytime. Dress, JCPenney. Necklace and cuff, Fantasy Jewelry Box. Velvet bangle and ring, Nashelle. Bangles, Allison Daniel Designs. All makeup by Elizabeth Arden.

Hair: George Ortiz for Contact NYC. Makeup: Viktorija Bowers for Smashbox Cosmetics.

PHOTOGRAPHY BY SUZA SCALORA

→ BY AMANDA FLORES

She's a Glow Getter

Regis' sidekick and busy mom of three **Kelly Ripa** gets her signature sun-kissed complexion from Fake Bake tanning products, a line for any skin tone you are trying to achieve—from a subtle bronze to full-on beach goddess. The new Bronzing Gel is awesomely lightweight and takes literally seconds to dry.

Fake Bake Bronzing Gel, $29

IN THE LOOP

With a clock on every cell phone these days watches are less about time and more about fashion. The newest style is the wraparound, which comes in a variety of lengths and colors to suit any outfit and budget.

La Mer, lamercollections.com, $90 each

BEAU-TEA PARTY

The hot way to look younger is red tea, a powerful antioxidant now available in all sorts of good-for-skin products. Science has proven red tea's flavonoids to be 30% more effective at neutralizing free radicals than its better-known green cousin. By preventing damage to skin cells, the flavonoids help reduce those tell-tale signs of aging—good reason slather it on!

Batting Practice

It's easier than ever to get longer, thicker eyelashes, thanks to a fresh crop of mascaras fortified with vitamins and other natural ingredients that reduce breakage and promote natural growth. The concept is simple: Healthy lashes are strong and stick around longer, giving them more time to lengthen and be lush.

1. The wheat protein and vitamin B5 in **Revlon Grow Luscious Waterproof Mascara**, $8, help plump lashes with no flaking.

2. Rimmel London Lash Accelerator Mascara, $10, has biotin to stimulate growth cells and extend the life of your lashes.

3. Using **Sephora Advanced Lash Booster** for one month increases lash thickness and length, thanks to algae extracts.

Photos: (stills) Peter Ardito; (watches) Bryan McCay; (Ripa) FilmMagic/Getty Images; (red tea) Peter Rees-Stockfood Munich/Stockfood.

SEE BUYER'S GUIDE, PAGE 188

PATIENT INFORMATION
LATISSE® *(la teece)* (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?
Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is LATISSE® solution?
LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take LATISSE®?
Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with LATISSE® use?
LATISSE® solution is intended for **use on the skin of the upper eyelid margins at the base of the eyelashes.** Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using LATISSE®?
You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get LATISSE® in my eye?
LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of LATISSE®?
The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using LATISSE®?
If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use LATISSE®?
LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.

ILLUSTRATION 1

ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about LATISSE®.
Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in LATISSE®?
Active ingredient: bimatoprost
Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

Style secrets and top picks from Linda Moran Evans, our Beauty & Fashion Director

WHAT I WANT TO WEAR NOW!

Skirt, East 5th by JCPenney,

A LEOPARD PENCIL SKIRT IS SPOT ON FOR DOING THE ANIMAL PRINT THING. Style-wise, it's spunky and sophisticated but not at all overwhelming. On bleak winter days when I'm in need of a lift, I'll wear it with a black turtleneck, tights and heels—meow!

THE INSIDER TIP

PRESTO CHANGE-O

One of my favorite things to do post-holiday is go over my closet top to bottom—anything I no longer want goes to charity, and I brainstorm fun ideas for what remains. A few ways I've ramped up my wardrobe without spending any dough:

Instead of sticking with my same-old suit, I now sport the skirt with a short, colorful cardigan and a belt for more shape.

For a night out, I mix a suit jacket with dark jeans and add pumps.

A sleeveless top gets a winter makeover by layering it with a close-fitting, long-sleeve tee.

I throw on a dress, tunic-style, over leggings or skinny jeans.

›››› THE FIND ‹‹‹‹

ROCK ON

At $19, these unbelievably sparkly, high-quality cz studs are way more best-friend-worthy than astronomically priced diamond earrings. I'm getting pairs for my two sisters as well—they'll think I splurged big time. Sterling silver cubic zirconia studs, silpada.com

Arms Agreement

TRUE CONFESSION → I just noticed a little upper-arm jiggle. Vowing a return to weight-training at the gym is all well and good, but that approach will take time. For now, this three-quarter-length-sleeve top will firm up the problem area without cutting off my circulation. Wear solo or under a sweater to trim and tone.

Available in nude, black, white and red, sassybax.com, $68

Photos: (stills) Peter Ardito. Styling: Barbara Eisen for Mark Edward, Inc. (Evans) Karen Pearson.

SEE BUYER'S GUIDE, PAGE 000

1 THE BOHO
Easy does it.
Shirt ($128) and pants ($158), French Connection. Belt, Zara, $70. Bangles, R.J. Graziano *(top to bottom)*, $95 and $125.

2 THE CLASSIC
Straight and narrow.
Shirt, The Limited, $45. Jacket, Allen B. by Allen Schwartz for JCPenney, $41. Pants, Zara, $40. Heels, Isabel Toledo for Payless, $45. Sunglasses, Forever 21, $6.

1

SHIRT

5

3

2

4

6

7

6 THE SHIRTDRESS
Boy meets girl.
Shirtdress, Thomas Pink, $250. Necklace, Sequin, $128. Watch, La Mer, $90.

7 THE RUFFLE
Sporty '40s flair.
Shirt, American Living for JCPenney, $40. Pants, Ann Taylor, $98. Hat, Hat Attack, $36. Coil bracelet ($38) and pearl stretch bracelet ($42), Carolee.

3 THE ANIMAL PRINT
Nine lives.
Shirt ($40), vest ($40), pants ($60), Zara. Necklaces ($125 each) and cuff ($65), R.J. Graziano.

4 THE TUXEDO
Dressed to frill.
Shirt, Vineyard Vines, $148.50. Pants, Loft, $79.50. Bag, Dooney & Bourke, $198. Bracelet, R.J. Graziano, $35.

5 THE SLEEVELESS
The right to bare arms.
Top, Esprit De.Corp, $59.50. Beaded necklaces, Sequin, $98 each. Gold necklace, R.J. Graziano, $85.

TALES

The top story for spring is the reinvention of that classic wardrobe staple, the humble button-down. Designers are giving it fresh new twists with unexpected fabrics, cuts and details. BY JULI ALVAREZ PHOTOGRAPHY BY STEVEN DECANIO

8 THE BOLD PRINT
Color your world.
Shirt, Old Navy, $24.50.
Skirt, Zara, $60.
Necklace ($75) and pin ($95), R.J. Graziano.

8

9 THE WESTERN
Ride 'em, cowgirl.
Shirt, Stetson, $60. Skirt, Talbots, $199. Earrings, Martine Wester, $128. Belt, Zara, $30.

10 THE CAMP
Kitsch kitties.
Shirt ($40) and skirt ($40), Zara. Belt, Talbots, $59. Earrings, Carolee, $28. Watch, La Mer, $88.

11 THE GREAT WHITE
A clean slate.
Shirt, White House Black Market, $68. Skirt, Ann Taylor, $138. Necklace ($148) and bracelet ($78), Sequin. Belt, Zara, $20.

9

10

11

12

13

14

Hair: Hikari for Celestine Agency. Makeup: David Tibolla for Artist by Next. Manicure: Kim Chui for Mark Edward, Inc.

12 THE SMOCK
Free spirit.
Shirt, Levi's, $69.50. Jeans, Zara, $40. Hat, Hat Attack, $70. Bag, Dooney & Bourke, $165.

13 THE FEATHER-WEIGHT SILK
Light bright.
Shirt, Talbots, $79.50. Jeans, Olsenboye for JCPenney, $30. Hat, Hat Attack, $36. Earrings ($45) and solid-pink bangle ($35), R.J. Graziano. Carved bangle ($48) and flower stretch bracelet ($78), Sequin.

14 THE PEASANT
Haute hippie.
Shirt, Lucky Brand, $99. Coin necklace, Sequin, $168. Shark tooth necklace, Alex & Ani, $178. Bracelet, One of a Kind Jewelry, $99.

FamilyCircle.com
See more fashionable tops at familycircle.com/shirts

Photo: Andrea Bricco/Corbis.

Germ Warfare

Frequent hand washing with warm water and soap is the number one way to prevent the common cold—as well as the flu and other viruses—but making sure hands are totally dry might be just as important. Eliminating wetness can reduce the transfer of bacteria by as much as 99%, according to a study published in the *Journal of Applied Microbiology*. In addition, people dry their hands more thoroughly with a paper towel than by using an air dryer, which takes longer so they often end up wiping their hands on their pants.

HEALTH NEWS

→ BY MEGAN BINGHAM AND TAYLOR CHANG

Q&A

I've had a cold for what seems like weeks. Should I see a doctor?

Yes. The typical cold lasts just seven to nine days, with people usually feeling the worst on days two to four, says Priya Wagle, M.D., an ear, nose and throat specialist in private practice in Linwood, New Jersey. "If you experience symptoms for a longer period of time, check with your doctor to be sure you don't have something more serious, like a sinus infection. A cold is a virus, so antibiotics won't help, but sinusitis can be bacterial and is treated with a prescription.

shake it off

Surprising but true: You are more apt to catch a cold from shaking someone's hand than from kissing—on the cheek, that is.

breathe easy

To reap the greatest benefits, you need to use your air purifier properly. Follow these tips to keep sniffles and sneezes at bay.

- Run it on low during cold and flu season or if someone in the house is sick. When the flow of air is slowed down, germs, which are much smaller than other particles, are more effectively eradicated by the filters.
- Switch to high during allergy season (spring and fall). Fast speeds maximize the ability of the filters to capture larger particles, like pollen and dust, while circulating air more efficiently.
- Keep it on in the bedroom all night. Chances are you spend more hours in your bedroom than any other place in your house. So ensure the air in your sleeping quarters is as clean as possible.

READY REMEDIES

While there may not yet be a cure for the common cold, there are ways to ease symptoms:

GOOD MEDICINE	SPELLS RELIEF
Drink plenty of water and other non-caffeinated beverages	Loosens congestion and prevents dehydration
Gargle with warm salt water (1 cup water plus ½ teaspoon salt)	Draws up excess fluid and eases sore throats temporarily
Spray or drop saline in the nose	Can combat stuffiness without a rebound effect of worse symptoms
Eat some chicken noodle soup	May loosen mucus and even act as an anti-inflammatory
Try an over-the-counter remedy	In the short term, decongestants and pain relievers may help

MEASURE UP The spoons in most kitchen drawers are a hodgepodge of sizes—holding 1.5 to 9 milliliters of liquid. To avoid errors when dispensing medicine, always choose a labeled measuring spoon or the plastic cup that comes with the medication.

Photo: Deborah Jaffe/Getty Images. Illustration: Bee.

→ BY TAYLOR CHANG

Q&A

My 15-year-old daughter's doctor recommended the Pill to clear up her acne. Is this safe and will it help?

Oral contraceptives (Ortho Tri-Cyclen, Estrostep or Yaz) are generally prescribed for teens after other acne treatments, such as topical creams and antibiotics, prove ineffective, says Paula Hillard, M.D., chief of the division of gynecologic specialties at Stanford University School of Medicine in California. "Young women can go on the Pill anytime after they begin menstruating. And there's absolutely no evidence that taking the Pill for noncontraceptive reasons makes a teen more likely to be sexually active."

DIGITAL DIVIDE

The more time teens spend watching TV or sitting at a computer, the poorer their relationships with parents and friends are, according to research from the University of Otago in New Zealand. "We speculate that every hour in front of a screen leads to less time interacting with family and peers," says Robert Hancox, M.D., an associate professor at the university and coauthor of the study. The American Academy of Pediatrics recommends putting a daily limit of no more than two hours on all screen-based entertainment.

SWEET DREAMS

The real reason your teen may want dessert: lack of sleep. A new study reveals that teens who snooze less than eight hours a night consume more calories from fat than those who sleep eight hours or more. Not getting enough shut-eye can reduce leptin levels, which increases feelings of hunger. Overeating can cause weight gain and heighten the risk for type 2 diabetes.

HEALTHY FAMILY 2011

TAKE NOTE

Last month we introduced you to the Rebuccis, a family embarking—with *Family Circle*'s help—on a year of healthy living (visit familycircle.com/healthyfamily2011). While Mom and Dad have already been tracking what they eat (which studies have proved helps with weight loss), we are now encouraging their sons, ages 13 and 11, to do the same. "Even tweens and teens become aware of unhealthy habits when they make note of their daily food choices," says Anne Fletcher, R.D., a nutritionist in Minneapolis. The Rebucci boys can choose whether they use a smartphone, diary or laptop as their tracking system.

TAP IT	WRITE IT	TYPE IT
Tap & Track itunes.apple.com, $4	**FitBook Junior** amazon.com, $23	**Fitday.com** free
Records daily calories and displays progress on full-screen graphs.	Motivates kids to set one big goal along with daily and weekly mini targets.	Helps teens focus on weight loss, good nutrition or fitness accomplishments.

Photos (clockwise from left): Steve Wisbauer/Getty Images; Jim Craigmyle/Corbis; istock photo.

It's clear skies ahead for kids' stuffy nose, cough & chest congestion.

New!
Children's
Mucinex®
Multi-Symptom
Cold
✓ Stuffy Nose
✓ Cough
✓ Chest Congestion
✓ Breaks up Mucus
Very Berry
Flavor Liquid
4 FL OZ
(118 mL)

Use as directed.

MUCUS COLD REPORT
Stuffy Nose
Cough
Chest Congestion

TM

When your child has a cold, you need new Mucinex® Multi-Symptom Cold. Multi-Symptom Cold breaks up mucus and relieves stuffy nose, cough and chest congestion. So you and your child can have a great day.

Mucinex®
Mucinex in. Mucus out.®

www.mucinex.com

→ BY CAREN OPPENHEIM

Walk-In Closet

Don't allow cold weather to put a freeze on your walking plans. Head outside and you'll actually burn more calories than usual since your body has to work harder to stay warm. "If you wear several layers of clothing—so you can remove some when you heat up—it's safe to exercise in temperatures as low as 20 degrees Fahrenheit," says Jessica Matthews, a personal trainer and exercise scientist for the American Council on Exercise. Stay comfortable in our top picks for winter-walking gear.

Pull on a hat to prevent as much as 70% of your body's heat from escaping. **Columbia Omni-Heat Peak Ascent Peruvian Hat**, columbia.com $40

Look for a jacket with features that will make your walk more enjoyable, like an iPod pocket; or an ICE (in case of emergency) tag, so you don't have to carry a wallet with ID. **New Balance NBx Wind Blocker Jacket,** newbalance.com, $130

Instead of cotton, which takes a long time to dry when sweaty, choose a synthetic fabric like lightweight polyester for your base layer. **New Balance NBx Emissive Long Sleeve Top,** newbalance.com, $48

Protect your hands—they often get cold first as blood moves toward your core in frigid temperatures. **The North Face Power Stretch Glove,** thenorthface.com, $30

Go with reflective colors or details if you're exercising at night. **Asics Thermopolis Running Pants,** asicsamerica.com, $80

Wear a snug-fitting first layer around your legs to trap air and help maintain your body temperature. **Fila Toning Resistance Long Tight,** shop.fila.com, $55

Walk off the weight in 12 weeks! Sign up for our e-mail newsletter and get a walking plan, healthy recipes and exercise tips delivered to your inbox every Monday. Go to familycircle.com/walkofftheweight

MOMster GIVEAWAY

Visit momster.com/fc/wintergear and tell us how you stay warm while walking outside in winter. If Jessica Matthews picks your tip as one of her five favorites, you'll receive an IceBreaker Igloo Zip jacket ($175 value).

Keep feet comfortable with cushioned, ventilated socks that allow toes to breathe. **Adidas Climalite 2 No Show Socks,** adidas.com, $10 for 2 pairs

Choose sturdy sneakers with good traction to avoid slipping. **Columbia D Storm Sneakers,** Sports Authority stores, $70

Styling: Stella Ray for Mark Edward, Inc.

PHOTOGRAPHY BY BRYAN MCCAY

→ BY CAREN OPPENHEIM

DIET DIARY

Studies have shown that people who keep a food journal are more likely to lose weight and keep it off. It may also help to note what you didn't eat. Knowing how many calories you almost consumed but avoided can provide much-needed motivation, says Kent Sasse, M.D., a weight-loss expert at the University of Nevada School of Medicine. For every 3,500 calories you save, treat yourself to something you seldom have time for—a new book by a favorite author or a mini spa treatment.

HOW I LOST IT

NAME **Alyce Comer** HOME South Vienna, Ohio AGE 49
HEIGHT 5'7" PREVIOUS WEIGHT 252 CURRENT WEIGHT 167 POUNDS LOST **85**

← After

Before →

I started a clothing-swap party. My daughter Jamie, 24, and I both began losing weight on Weight Watchers and soon none of our clothes fit. So now every month we gather a group of friends together at a different house—new members are always joining—to exchange gently used items. Each woman brings what she can and takes what she wants.

I prepare fresh foods. My favorite is a salsa using tomatoes, onions and peppers from our garden. I add garlic and onion powders, garlic salt, tomato paste and vinegar. And since we like it hot, I leave the pepper seeds in. It goes perfectly with baked tortilla chips.

I started walking. My husband and I try to cover at least 3 miles every day. When he's not with me my substitute companion is a Keith Urban CD. His upbeat songs keep me motivated.

» Want to share your weight-loss story? E-mail dietsuccess@familycircle.com. Please include photos.
Check out more successes at familycircle.com/howilostit

[SMART SWAP]

UNO'S CHICAGO GRILL

PUT DOWN
A slice of Chicago Classic Deep Dish Pizza

770 calories, 55 g fat

EAT UP
A slice of Roasted Eggplant, Spinach and Feta Thin Crust Pizza

97 calories, 4 g fat

YOU'LL SAVE 673 calories, 51 g fat!

[FC WEIGHS IN]

BOWLED OVER

As temperatures dip, a warm cup of soup can be healthy (if you choose wisely) and satisfying. Here, our favorites, for when you don't have time to make your own.*

Progresso Reduced Sodium, Italian-Style Wedding with Meatballs
120 calories, 3 g fat, 480 mg sodium in 1 cup. "A quick and easy lunch. The mini meatballs tasted great and were very filling." *—Amanda Flores, beauty & fashion assistant*

Amy's Organic Lentil Vegetable, Light in Sodium
160 calories, 4 g fat, 340 mg sodium in 1 cup. "It was so well-seasoned I didn't miss the salt." *—Cheryl S. Grant, research editor*

Campbell's Select Harvest Light, Vegetable Beef & Barley
80 calories, 1 g fat, 480 mg sodium in 1 cup. "There was the perfect amount of vegetables, beef and barley." *—Siobhan Treanor, art production manager*

Healthy Choice Soup, Cheese Tortellini
90 calories, 1 g fat, 390 mg sodium in 1 cup. "I was surprised by how much pasta was in there." *—Jonna Gallo Weppler, articles director*

Illustration: David Goldin.

*Turn to page 177 for our delicious homemade soup recipes.

PAGING DR. OZ

Perhaps you already know that heart disease kills more women than breast cancer—more than all cancers combined, in fact. What you may not have heard is that the number of middle-aged women having heart attacks is on the rise. The good news: Heart disease is preventable if you make simple lifestyle changes. Dr. Oz is on call to teach you how. BY NORINE DWORKIN-MCDANIEL

PALPITATIONS

TIGHTNESS

PRESSURE

What A Woman's Heart Attack Looks Like

It's not that women don't get chest pain during a heart attack. We can, although often women describe the sensation more as achiness, tightness or pressure than pain. But we're also more likely to experience other symptoms. While chest pain was the most common symptom for both men and women, according to a Swedish study of 225 first-time heart attack patients, women were more apt to report nausea, back pain, dizziness and palpitations. Women were three times as likely as men to experience more than three heart attack symptoms at once. "Even doctors sometimes mistake women's symptoms for indigestion, heartburn or the flu," says Dr. Oz.

Photo: Sony Pictures Television/Robert Trachtenberg.

ILLUSTRATIONS BY LORENZO PETRANTONI

TWO BIG DIET FIXES—MAKE 'EM TODAY!

EAT LESS SUGAR

Sugar hurts us in two ways, says Dr. Oz. First, the sugar molecule itself is like a jagged piece of glass that scrapes up the arteries as it travels through your bloodstream. That scarring catches plaque, allowing it to build up and narrow the arteries. Second, because sugar is stored as fat, it leads to weight gain, particularly around the belly.

Most Americans take in about 22 teaspoons of sugar every day. Much of that comes from sodas and fruit drinks. Other sweeteners, like high fructose corn syrup, lurk in unlikely places, such as ketchup, mustard and salad dressing. The American Heart Association now recommends that women limit added-sugar consumption to 100 calories (about 6 teaspoons) a day, with no more than 450 calories a week coming from sugary drinks. That's less than half a 12-ounce can of regular soda a day. Dr. Oz's rule: "If high fructose corn syrup is one of the first five ingredients in a product or there's more than 4 grams of sugar per serving (that's 1 teaspoon), skip it."

EAT MORE FATTY FISH

As sources of protein go, it doesn't get much better than fish, which is low in artery-clogging saturated fat and high in omega-3 essential fats, which improve triglycerides, reduce artery plaque and prevent irregular heartbeats that can cause sudden death. Women in the Nurses' Health Study who ate fish at least twice a week lowered their risk of dying from heart disease by 31%. Grill or bake (don't fry) salmon, shrimp, rainbow trout, pollock (the fish used to make imitation crab) or sardines. Dr. Oz also recommends taking 600 milligrams a day of the omega-3 essential fatty acid docosahexaenoic acid (DHA).

5 Tests That Can Save Your Life

BLOOD PRESSURE

HOW OFTEN
Your doctor will take your blood pressure during your annual visit, but once a month check it yourself at a blood pressure station at the mall, supermarket or drugstore.

TARGET RANGE
Below 120/80 mmHg (below 115/75 mmHg if you're over 40). Above 120/80 mmHg is considered pre-hypertension; above 140/90 mmHg is full-blown hypertension.

WHY IT MATTERS
Hypertension more than triples your risk for heart disease and stroke. High blood pressure not only makes your heart work harder to pump blood throughout your body, it also hardens arteries prematurely and causes micro-tears in artery walls that can trap plaque and cause blockages.

CHOLESTEROL/ TRIGLYCERIDES

HOW OFTEN
Every five years your doctor should check the cholesterol/triglyceride levels in your blood—more often if you already have high cholesterol or are using medication to lower it. Ask your doctor about a home test kit like CardioChek ($105 plus test strips, available at drugstores and online).

TARGET RANGE
Aim for LDL cholesterol below 100 mg/dl; HDL cholesterol above 50 mg/dl; triglycerides below 150 mg/dl.

WHY IT MATTERS
Having high LDL cholesterol and triglycerides, along with low HDL cholesterol, leads to artery plaque. About 50% of heart attacks and 20% of strokes are linked to elevated cholesterol levels.

FASTING BLOOD GLUCOSE

HOW OFTEN
If you have no risk factors, get this test every three years, starting at 45. But if you're overweight and have at least one other risk factor for diabetes (family history; hypertension; elevated triglycerides and low HDL levels; or you developed gestational diabetes or had a baby weighing more than nine pounds) ask your doctor about doing this test now.

TARGET RANGE
Below 100 mg/dl is normal; 100 mg/dl to 125 mg/dl is considered pre-diabetes; over 126 mg/dl is considered diabetes.

WHY IT MATTERS
Excess sugar in your blood damages blood vessels and leads to diabetes, which doubles women's risk for a first heart attack.

ANKLE-BRACHIAL INDEX

HOW OFTEN
At least once a year ask your doctor to do this noninvasive test that compares the blood pressure in your feet with the one in your arms to make sure you're getting good blood flow throughout your body.

TARGET RANGE
Blood pressure in your foot should be at least 90% what it is in your arm.

WHY IT MATTERS
If the blood pressure in your foot is much lower than in your arm, it's an indication that plaque is collecting in the arteries in your legs, a condition known as peripheral artery disease. And if there's plaque down there, it's a good bet it's in your coronary arteries as well.

WAIST CIRCUMFERENCE

HOW OFTEN
At least once a month wrap a tape measure around your middle at your belly button.

TARGET RANGE
Take your height in inches, then divide by 2 to get your ideal waist measurement. If you're 5'4" (64 inches), your waist should be no bigger than 32 inches around.

WHY IT MATTERS
Belly fat produces hormones that cause inflammation, damage organs and promote insulin resistance. New studies show that when a woman of normal weight has a waist larger than 34.6 inches, her chance of stroke quadruples. And a wide middle coupled with elevated triglycerides nearly quadruples a woman's heart disease risk.

SET A GOOD EXAMPLE

"We can help kids develop healthy habits by adopting them ourselves," says Dr. Oz. And you want to start early because heart disease begins in childhood. Fatty streaks (the beginnings of plaque buildup) can be found in kids as young as 2. Recently, researchers discovered that obese children are developing the kind of artery stiffness that's not usually seen until middle age. Here, Dr. Oz explains how to get your child on track.

If your kid eats too much junk food...

DR. OZ SAYS: Make healthier choices at the supermarket so there isn't junk food around your house. The whole family has to make an effort to make good food accessible. If dad regularly brings home pepperoni pizza, this won't work. With younger children, use positive peer pressure. My wife, Lisa, and I have four children, and we made sure that our first one ate right and used her to influence our other children's eating habits.

If your kid spends too much time playing video games or watching TV...

DR. OZ SAYS: Get your teen or tween involved in team sports—try many until she settles on one she likes. When you spend time together as a family, make it active time. Instead of going to a movie, go for a walk and find ways to make it interesting. Or take up a sport like tennis that you can all play together. The more you make physical activities fun, the more in shape your kids will be.

If your kid won't drink anything but sugary soda...

DR. OZ SAYS: Establish a rule that soft drinks are for special occasions only and don't routinely keep them in the house. And be sure to always follow your own rules. If your child sees you drinking soda all the time, it'll be that much harder to tell him he can't drink it. Be creative with fun "mocktails"—mix sparkling water or seltzer with a splash of juice and top it with a lime or orange slice.

Vegetable and fruit juice plus green tea.
Just call me the total package.

New! V8 V-Fusion Vegetable & Fruit +Tea

Raspberry Green Tea

1 Combined Serving of Vegetables & Fruit†

V8 V-Fusion® +Tea beverage gives you one combined serving† of vegetables and fruit. Plus all the natural goodness of green tea and powerful antioxidants. What a refreshing idea.

†8oz. = 1/4 cup of vegetables + 1/4 cup of fruit

Find us in the juice aisle.

V8 WHAT'S YOUR NUMBER?™

Solve My Health Problem, Please!

MELISSA COCHRAN, 44, 5'2", 129 pounds, a full-time nursing student in Chula Vista, California, and mother of two girls, 18 and 16, and a boy, 21.

Two of my children live at home, but neither drives, so every day I'm running them in different directions. My youngest has type 1 diabetes and doesn't always take her insulin, so I'm frequently checking up on her. On top of that, both my mother and my father-in-law are in poor health and need care. I'm so anxious, and my blood pressure is dangerously high (190/128). I feel like I could have a stroke or heart attack at any time.

DR. OZ SAYS: One way to reduce your stress and your blood pressure is to get 30 to 60 minutes of exercise every day. Put it in your calendar, the way you would a doctor's appointment. You don't need to do it all at once. Aim for three 10-minute chunks of physical activity each day—like going for a quick stroll before each meal.

SHARI SMITH, 40, 5'9", 196 pounds, a Mary Kay independent senior sales director in Orlando, Florida, and mother of two boys, 12 and 9.

"I don't snack on junk, and once a week, I go for a 2-mile run. I'd love to do more, but between work and driving my boys to soccer practice almost every day, that's all that I can manage. I've lost 22 pounds since our family started eating organic about a year ago. I'm proud to say I'm finally under 200 pounds, but I'd love to be 150. I feel like I'm mostly doing the right things, so why aren't I thinner?

DR. OZ SAYS: I congratulate you on the 22 pounds you've already lost. Losing 10% of your body weight is a huge accomplishment and dramatically reduces your risk for cardiovascular disease and other health issues. And while slow weight loss can be very frustrating, it does make it more likely that once you've lost the weight, you'll keep it off. One thing that might help speed up the process a bit is to take a look at your portion sizes. Most people believe they're eating

Photo: Sony Pictures Television/Robert Trachtenberg.

right because they choose good foods, but overeating healthy items can also be a big problem. Use the suggestions below to monitor your portions:

A SERVING OF...	SHOULD LOOK LIKE
Whole-wheat pasta or brown rice	Half a baseball
Fish, chicken, lean red meats	Deck of cards
Raw almonds	1½ golf balls

SISSY GRAHAM, 45, 5'3", 261 pounds, a senior business analyst in Bloomfield, Kentucky, and mom of three girls, 24, and 13-year-old twins.

I didn't know I had high cholesterol until four years ago, when I had a heart attack. Initially, the doctor at the hospital thought it was indigestion and sent me home. But my mom, a nurse, took me back to the ER the next day and insisted they do some lab tests. It turned out three different arteries in my heart were almost totally blocked. I was (and I still am) heavy, but because I didn't feel sick and my weight wasn't preventing me from working or keeping up with my girls, I didn't think anything was wrong. I still need help getting my cholesterol down.

DR. OZ SAYS: Sissy, you are not alone. The misdiagnosis of women's heart attacks is a very common problem. In your case, it was probably the combination of a high BMI and high cholesterol that led to your heart attack. Both can be improved by cutting back on the cholesterol and fat you're eating. Saturated fats in meat, full-fat dairy products and some oils raise your total cholesterol. Trans fats found in margarine, and store-bought cookies, crackers and cakes are particularly bad because they raise the "bad" LDL cholesterol and lower the "good" HDL cholesterol. Eating more soluble fiber can reduce the absorption of cholesterol into your bloodstream. An easy way to get the recommended 10 g of fiber a day is to start your morning with a bowl of oatmeal and sliced bananas.

FAMILY CIRCLE ON THE DR. OZ SHOW

Tune in to *The Dr. Oz Show* on January 17 to learn more about heart health and to hear from women featured in this story. (Check your local listings or familycircle.com/droz to confirm the exact date and time of the broadcast in your area.)

NEW RESEARCH indicates that eating a lot of sugary, starchy foods doubles women's risk for heart disease, but not men's.

*I wanted to stop my bone loss, but I did more. I reversed it with BONIVA.**

If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.

"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-800-418-3512 or visit BONIVAfreetrial.com and try BONIVA free.

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once-monthly
Boniva®
ibandronate sodium
150 mg tablet

Help Stop and Reverse Bone Loss

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IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:
- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:
- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:
- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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3 Killer Habits You Need to Kick Now

There are two things you can't change about your risk for heart disease: your family history and your age. Fortunately, 80% of heart attacks and strokes result from factors you *can* change. And women's hearts tend to respond a lot better to lifestyle tweaks than men's do. You can break these three bad habits and add years to your life.

1 STOP SMOKING. Women smokers have heart attacks, on average, about 19 years earlier than nonsmokers. Once you quit you slash your heart disease risk in half. Within seven years, it's as if you never lit up.

DR. OZ SAYS You have a much better chance of quitting for good if you use a program, like the free Kick the Habit Challenge (members.doctoroz.com/challenge/kick-the-habit-challenge), than if you go cold turkey. This challenge starts a month before your quit date with a walking plan to help prevent weight gain. And don't get discouraged if you don't make it the first time around. It usually takes five tries before you finally quit for good.

2 TWEAK YOUR DIET. Women whose diets are high in carbs that quickly raise blood sugar (white bread, white rice, soda, crackers), have double the heart disease risk of women who seldom eat those foods.

DR. OZ SAYS Focus on adding more produce, low-fat dairy and lean proteins to your diet, and cutting back on processed items. When it comes to carbs, reach for breads, pastas and cereals that are made with whole wheat or other whole grains. Instead of white rice, use brown rice. Mash up yams, squashes or turnips instead of potatoes. Satisfy cravings for sweets with fruit. Replace at least one can of regular soda a day with a glass of water.

3 GET MOVING. Seventy percent of Americans aren't as physically active as they should be. For women, being sedentary and overweight is just like smoking—it doubles the risk of dying from cardiovascular disease.

DR. OZ SAYS Walking briskly for 30 minutes a day lowers your risk for heart disease by 35%. And always be on the lookout for other ways to get more activity into your daily routine: Try making phone calls on your cell while you walk around your house or your neighborhood. Get a pedometer and aim for 10,000 steps every day, and don't stop moving until you reach that goal. ●

Photos (clockwise from top left): Veer; Brian Maranan Pineda; Smeedham/Getty Images.

6 BIGGEST DIET MYTHS

The real truth about how to keep your weight in check.

By Sally Kuzemchak, M.S., R.D.

ILLUSTRATIONS BY TOM NICK COCOTOS

Albert Einstein once said that the definition of insanity is doing the same thing over and over and expecting different results. He probably wasn't referring to dieting—but he could have been. If you've tried the same weight loss tricks month after month without losing pounds, maybe it's time for something completely different. It turns out most time-honored dieting decrees don't benefit everyone. In fact, they might be sabotaging your efforts. Here's how to rewrite the rules and finally drop pounds—in a way that works for you.

Beware: We are biologically programmed to eat as much high-cal food as we can.

[OLD RULE]

Stay off the scale.

Don't focus on numbers—instead, zero in on how you feel and how your clothes fit.

→ **BREAK IT** Regularly stepping on the scale is actually linked to better results, according to findings from the National Weight Control Registry (NWCR), the largest investigation of successful, long-term losers. Among people who dropped at least 30 pounds and kept them off for a year or more, those who weighed themselves most frequently had the lowest Body Mass Index (BMI). People who slacked off on weigh-ins were more likely to regain their lost pounds—and report a greater loss of control around food—than those who kept up with them. Researchers say getting on a scale regularly is crucial because you can catch (and rein in) a small slipup before it becomes a big problem.

→ **REVISED PLAN** Step on the scale first thing every morning. But here's the catch: "Use the number only to find out if what you're doing is working," says NWCR researcher J. Graham Thomas, Ph.D. "Don't let the number determine how you're going to feel about yourself that day." If you're up 2 pounds from last week, scale back on after-dinner snacking or pack your lunch instead of grabbing takeout. Down a pound? Stay the course and keep up with your healthy habits.

[OLD RULE]

Eat mindfully.

Listen closely to your internal hunger cues. Chew each bite slowly, savoring the flavors, and stop as soon as you feel full.

→ **BREAK IT** Mindful eating works great for people with a lot of time and self-discipline—but it can be frustrating for the rest of us, says Brian Wansink, Ph.D., director of the Cornell University Food and Brand Lab and a member of the Family Circle Health Advisory Board. "People end up feeling bad about themselves because they think they don't have any willpower," he says. Truth is, we're biologically programmed to eat as much high-cal food as we can, and working against that instinct can seem like an uphill battle. In Wansink's research, people tend to eat big portions of calorie-dense food almost automatically, especially when it's served in big bowls or plates.

→ **REVISED PLAN** Re-engineer your environment so that it's easier for you to eat less, says Wansink. Switch to 10-inch dinner plates, "de-convenience" tempting treats by putting them on a high shelf, and portion out single servings of snacks instead of eating out of big containers. But a little mindless eating is actually good when it comes to fruits and vegetables, which most people don't eat enough of. Serve steamed vegetables, green salads and cut-up fruit family-style at the table during mealtime (plate everything else at the stove).

GIVE GINGIVITIS ITS FOUR WEEK NOTICE.

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PLAQUE
SENSITIVITY
TARTAR
WHITENING
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Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.

New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It also protects these other areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.

Crest

[OLD RULE]

Eat everything in moderation.

Don't make any food off-limits, or you'll want it even more. If you're craving a high-damage goodie, have a few bites and be done with it.

Having a wide variety of foods on hand (even different flavored yogurts) may cause you to eat as much as 50% more.

→ **BREAK IT** Recent research has found that a few nibbles of a tempting food may actually spark overeating. In the study, people who ate a small chocolate truffle wanted to continue eating high-calorie, high-fat food just 25 minutes later. Researchers say that a small bite of an indulgent food activates a "pleasure goal" that makes people crave more.

→ **REVISED PLAN** Identify your trigger foods. While you don't want to label entire categories of foods (like sweets or desserts) as "forbidden," focus on the one or two foods that make you lose control. It's a smart move to keep them out of the house. "Rather than saying, 'I can't have this food' say, "This food doesn't work for me,'" says New York City diet doctor Stephen Gullo, Ph.D., author of *The Thin Commandments* (Rodale Books). When you decide to treat yourself, go out for one serving of your trigger food (like ordering a child-size ice cream cone), he says. Then tell yourself that one portion is enough. "The people in our study who truly believed that one truffle would satisfy them were not tempted to eat more," says researcher Juliano Laran, Ph.D., an assistant professor of marketing at the University of Miami School of Business Administration.

Even a small bit of an indulgent food may activate a "pleasure goal" that makes you crave more.

[OLD RULE]

Shop the perimeter of the grocery store,

where the healthiest foods—such as fresh fruits and vegetables, lean meats, and low-fat dairy products—are stocked.

→ **BREAK IT** This rule is impractical. Sure, there are tons of tempting treats (like high-fat chips, candy and packaged cookies) at the store's center. But there are also some of the best foods for weight loss. Whole grains, all-natural cereals and whole-wheat pastas are loaded with feel-full fiber that helps you eat less. Also residing in the center: nuts, dried and canned beans, and tuna and salmon in pouches, which are among the top choices when it comes to protein.

→ **REVISED PLAN** "Be discerning whatever aisle you're in," says Victoria Shanta Retelny, R.D., a dietician based in Chicago. Choose grains like cereals and pastas that have at least 3 grams of fiber per serving (5 grams is even better) and have "whole" listed in their first ingredient. Avoid foods with sugar at the top of the ingredient list, as well as anything that contains partially hydrogenated oils (meaning there are some trans fats).

[OLD RULE]

Switch to diet soda.

You'll consume fewer calories and lose weight.

→ **BREAK IT** Some research shows that people who drink a lot of artificially sweetened beverages actually have higher BMIs than those who don't—possibly because people think they can splurge while drinking a diet drink (like having a Diet Coke with a double cheeseburger). The super-sweet flavor of artificial sweeteners also might trigger cravings for sugary treats and lead to overeating.

→ **REVISED PLAN** Swapping high-cal drinks for diet versions isn't a bad thing, but don't use that swap to justify your supersize combo. A diet soda doesn't "cancel out" calories in your meal! If you have trouble keeping sugar cravings under control, you might be better off skipping sweet drinks entirely—even the calorie-free ones—and staying hydrated with water or seltzer instead.

Take a fun—and healthy—risk by trying a new vegetable or fruit at least once a month.

[OLD RULE]

Choose a wide variety of foods.

You'll get more nutrients and eat healthier that way.

→ **BREAK IT** People who are most successful at weight loss actually eat a smaller variety of foods, according to NWCR findings. That's because these dieters find meals and snacks that are "safe"—that satisfy them without putting on pounds—and then stick to them. Other research shows that having a wide variety of foods on hand (even different flavored yogurts or multicolored candies) causes you to eat as much as 50% more.

→ **REVISED PLAN** Eat a large variety of foods only from certain groups: fruits, vegetables and whole grains. At the grocery store put a new veggie in your cart along with your usual staples, and buy several kinds of fruit to pack in your lunch each week. Branch out from brown rice to other high-fiber grains, like bulgur or quinoa. And in terms of high-fat, high-calorie stuff—like desserts or salty snacks—limit your options by stocking only one kind (if any) in your house. ●

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FOOD

→ HEALTHY MEALS → DELICIOUS DESSERTS → QUICK COOKING SOLUTIONS

Photo: Ocean/Corbis.

A New Leaf

Kale is not on most people's radar, but it should be—it's packed with antioxidants and vitamins A, C and K, plus has a mild flavor that makes it a slam-dunk stand-in for spinach. For an easy side, trim stems from 1 pound kale; cut leaves into 1-inch pieces. In a skillet over medium heat, cook 4 cloves smashed garlic in 2 tbsp olive oil until golden. Add kale; sauté 2 minutes. Stir in ¼ tsp salt, a pinch of red pepper flakes and 2 tbsp *each* raisins and pinenuts. Cover and cook, stirring occasionally, for 3 minutes. Add a little water if dry.

→ BY ROBB RIEDEL

TWIST & SHOUT

The tedious, messy task of chopping fresh herbs now requires a mere turn of the wrist, thanks to Microplane's herb mill. The blades quickly cut basil, mint, sage or any leafy herb without bruising. Fill with parsley for this Argentine chimichurri sauce, delicious on steak. **Microplane.com, $19.95**

CHIMICHURRI SAUCE

- 1 **cup parsley leaves, chopped**
- 1 **shallot, coarsely chopped**
- 3 **cloves garlic, chopped**
- 3 **tablespoons red wine vinegar**
- ¼ **cup olive oil**
- ¼ **teaspoon salt**
- ¼ **teaspoon black pepper**

In a medium bowl or food processor, combine parsley, shallot, garlic, vinegar, olive oil, salt and pepper. Mix thoroughly, or pulse to combine. Use as a marinade or serve over grilled meat.

ULTIMATE COMFORT FOOD COOKBOOK

There's nothing more satisfying than home cooking, and *Family Circle*'s new special-edition magazine is filled with more than 120 classics you'll love. With favorites such as mac & cheese, barbecued ribs and fried chicken—not to mention appetizers and desserts—there's something for everyone. On newsstands January 28, $10.99

BOTTOMS UP!

» No need to raise a glass to cheer your favorite Super Bowl team to victory—these beer-based snacks put the brew right in the bite.

Nunu Beer Chocolates
Made in Brooklyn, these handmade treats are filled with ganache flavored by various craft beers, which change with the season. **Nunuchocolates .com, $12/box of 6**

Vibrant Flavors Beerzels
Crisp pretzels infused with ale—the best combination since chocolate and peanut butter. **Vibrantflavors.com, $2.39**

Stonewall Kitchen Aged Cheddar Beer Crackers
The one-two punch of sharp cheese and mellow hops makes for a snack that's perfect for game day—or any day. **Stonewallkitchen.com, $6.50**

On Valentine's Day,

Motherboard moms want to indulge their sweet tooth—44% say a box of chocolate makes the best gift. But the challenge is finding a favorite filling. Their best strategies:

24% Take a small bite, but put it back if they don't like it.

21% Break it in half.

20% Like not knowing.

9% Poke a hole in the bottom.

the rest You don't want to know!

the**motherboard**™ a million women strong

Photos: (chimichurri steak) Jason Donnelly; (box of chocolates) istock photo; (beer chocolate) Peter Ardito.

Good-for-you ideas from Regina Ragone, our food director/ registered dietician

Healthy Entertaining

If hosting a get-together at your house means a calorie fest that starts hours before guests arrive and outlasts the final cup of coffee served, you're not alone. Our Healthy Family, the Rebuccis of Chester, New Jersey, typically treats friends to rich, fattening food—and plenty of it. True, it's a recipe for a great party. But inevitably everyone ends up stuffed and wishing they hadn't gorged so much. My mission was to come up with awesome ideas that didn't leave anyone feeling deprived. The game plan:

HEALTHY FAMILY 2011

1» Offer healthier versions of tried-and-true favorites, without making a big deal out of their better-for-you profile. (The low-key approach is essential!) Most people love and expect chips, dips, cheese and crackers. Our staff adores Food Should Taste Good chips because they're made with natural ingredients like stone-ground corn and quinoa, so they satisfy with flavor and fiber. Instead of the usual creamy dips, put out **guacamole** and hummus, which contain good fats. Cheese-wise, our test kitchen is crazy about Cabot's 50%–Reduced Fat Cheddar. The taste, texture and mouth-feel are the real deal. As for crackers, try Wasa's Crisp'n Light 7 Grain Crackerbreads and Kamut Flat Breads from Suzie's. Appeal to fans of Buffalo wings with our slimmed-down take (see recipe, right).

2» Serve healthy foods that people enjoy, such as **shrimp with cocktail sauce,** vegetarian chili (turn to page 163 for our butternut squash version), whole-grain bread and **crudités.**

3» Drinks are where things get tricky, and quantity is critical. Beer is a no-brainer; stock up on a terrific light version (like Sam Adams). Also keep plenty of diet soda, juice and flavored seltzer on hand to make **mocktails** or to create lower-alcohol spritzers.

4» A win-win way to wind down the night: the always popular make-your-own-sundae bar with lots of fresh fruit and a variety of low-fat ice creams and sorbets.

BUFFALO CHICKEN TENDERS

MAKES 24 pieces

Cut **12 uncooked chicken tenders** (about 2 pounds) in half crosswise. Sprinkle with **1 teaspoon paprika** and grill on stovetop 4 minutes per side, turning once, or until cooked through. Heat **2 tablespoons chicken broth** with **2 tablespoons butter.** Stir in **¼ cup Frank's Red Hot Wings sauce.** Place chicken in large bowl and toss with sauce. Serve with celery and Dip.

Dip: Combine **½ cup 2% Greek yogurt** and **½ cup light blue cheese dressing.**

PER PIECE SERVED WITH 2 TEASPOONS DIP
58 calories, 2 g fat (1 g sat.), 133 mg sodium

snack pick of the month

BABY CARROTS

GameDay Baby Carrots make healthy feel fun. They're in the produce aisle.

FamilyCircle.com

Start your family on a get-healthy journey too. Go to familycircle.com/healthyfamily2011 for smart meal ideas, easy exercises and more.

Photos: (Ragone) Rhea Anna; (guacamole, beverage, vegetables) istock photo; (shrimp) Lori Andrews/Getty Images.

31 PROFESSIONAL HULA HOOPERS AGREE TUNA IS GOOD FOR YOUR WAISTLINE

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Tuna and White Bean Salad – Brought to you by The Tuna Council

Applies to tuna packed in water. Contributes to healthy weight as part of a balanced diet and active lifestyle.

HEALTHY FAMILY 2011

mini stuffed potatoes

page 160

GAME ON

Super Bowl parties are typically diet disasters. Our good-for-you recipe playbook offers a home-field advantage.

recipes by michael tyrrell • photography by tina rupp

Food styling: Cyd McDowell. Prop styling: Deborah Williams.

«

Serve up fresh, crisp **veggies** for dipping instead of salty, high-cal crackers.

Inside Scoop

Lighten up store-bought dips: Blend 1 cup dip with 1 cup fat-free plain yogurt or sour cream.

*

Besides the usuals, try zucchini sticks, cauliflower and broccoli florets, snap peas and jicama. Blanch broccoli and snap peas 1 minute and rinse under cold water to soften slightly and set color. Peel and slice jicama into 2 x ½-inch-thick sticks using a sharp chef's knife.

cheesy crab dip

MAKES 12 servings
PREP 15 minutes
BAKE at 350° for 30 minutes

- **8 ounces reduced-fat cream cheese, softened**
- **⅓ cup light mayonnaise**
- **⅓ cup fat-free milk**
- **2 tablespoons chopped fresh dill, plus more sprigs, to garnish**
- **1 teaspoon Worcestershire sauce**
- **¼ teaspoon garlic salt**
- **¾ pound imitation crabmeat (surimi), coarsely chopped**
- **6 tablespoons grated Parmesan cheese**
- **Sliced carrot, celery, cucumber and radishes, for dipping**

① Heat oven to 350°. Coat a 9-inch pie plate with nonstick cooking spray.

② In a large bowl, combine cream cheese, mayonnaise, milk, dill, Worcestershire sauce and garlic salt. Fold in imitation crabmeat. Spoon mixture evenly into prepared pie plate. Sprinkle Parmesan cheese evenly over top.

③ Bake at 350° for 25 to 30 minutes until lightly browned. Cool slightly.

④ Garnish with dill sprigs and serve with sliced vegetables.

PER SERVING 114 calories; 8 g fat (4 g sat.); 6 g protein; 5 g carbohydrate; 0 g fiber; 464 mg sodium; 25 mg cholesterol

Photo (jicama): Blaine Moats.

Add a spoonful of *mmm.*

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«

A lightly dressed **green salad** on the side makes this a satisfying meal.

sausage & pepper heroes

MAKES 8 servings
PREP 15 minutes
BAKE at 450° for 50 minutes

- 1 **pound all-purpose potatoes, peeled and cut into ½-inch cubes**
- 3 **large green bell peppers, cored, seeds removed, and cut into ½-inch slices**
- 2 **large onions, peeled and cut into ½-inch slices**
- 1 **package (12 ounces) fully cooked Italian-flavored chicken sausage, cut into coins**
- 3 **tablespoons olive oil**
- ½ **teaspoon salt**
- ½ **teaspoon dried Italian seasoning**
- ¼ **teaspoon red pepper flakes**
- 1 **package (12 ounces) Arnold whole-wheat Fill 'ems Sandwich Thins**

① Heat oven to 450°.

② In a large bowl, toss together potatoes, peppers, onions, sausage and olive oil. Season with salt, Italian seasoning and red pepper. Evenly distribute between 2 rimmed baking sheets.

③ Bake at 450° for 45 to 50 minutes or until vegetables are tender. Stir sausage and vegetables and rotate pans after 25 minutes.

④ Spoon sausage and pepper mixture into the Fill 'ems and serve.

PER SERVING 309 calories; 13 g fat (3 g sat.); 13 g protein; 41 g carbohydrate; 8 g fiber; 696 mg sodium; 38 mg cholesterol

SUPER SIPPERS

* Mix equal parts cold **light beer** and **diet lemon soda** or **ginger ale** for a shandy—a refreshing twist on a spritzer.

* Flavor a glass of **seltzer** with a teaspoon or two of **crème de cassis** or **framboise** to create a festive cocktail.

* For a spin on a Cuba libre, add a splash of **vanilla-infused vodka** and a **twist of lime** to Diet Coke.

WORKING OUT

WORKING HARD

WORKING IT

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two-way nachos

MAKES 6 servings
PREP 10 minutes
BAKE at 350° for 15 minutes

- **6 ounces baked tortilla chips**
- **2 cups (8 ounces) cooked shredded chicken**
- **1 can (15 ounces) black beans, drained and rinsed**
- **1 cup jarred salsa**
- **1 cup shredded reduced-fat Mexican cheese blend**
- **4 scallions, trimmed and thinly sliced**

① Heat oven to 350°. Line bottom and sides of a 13 x 9 x 2-inch baking dish with tortilla chips. Scatter chicken and beans over the chips. Spoon salsa over the beans and top with cheese and scallions.

② Bake at 350° for 15 minutes until heated through and cheese is melted. Serve immediately.

PER SERVING 282 calories; 6 g fat (2 g sat.); 19 g protein; 37 g carbohydrate; 6 g fiber; 686 mg sodium; 35 mg cholesterol

Variation: Replace chicken and beans with **½ pound coarsely chopped cooked shrimp** and **1 can (8 ounces) drained crushed pineapple.**

PER SERVING 230 calories; 5 g fat (2 g sat.); 13 g protein; 33 g carbohydrate; 3 g fiber; 597 mg sodium; 70 mg cholesterol

CRUNCH TIME

Big on flavor, these better-for-you tortilla chips really score.

① **Bachman MultiGrain**
Nice snap, hearty multigrain taste. Good texture.

② **Garden of Eatin' Multi Grain with Flax Seeds**
Complex, nutty flavor. Crispy and salty.

③ **Baked Tostitos Scoops**
Pleasant, light corn taste. Sturdy and perfectly shaped for dipping.

Sodium Rx

Look for lower-sodium salsa, such as Muir Glen.

*

Draining and rinsing beans reduces salt by 40%.

*

Poach and shred chicken breast rather than using preseasoned, prepared meat.

(continued)

PAM HELPS YOU PULL IT OFF™

PAM

ORIGINAL

Indications and Usage:
Victoza® is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

Victoza® is not recommended as the first medication to treat diabetes. Victoza® is not insulin and has not been studied in combination with insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

Important Safety Information:
In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Inflammation of the pancreas (pancreatitis) may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works.

Also tell your doctor if you are allergic to any of the ingredients in Victoza®; have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding

VICTOZA®
liraglutide (rDNA origin) injection

Important Patient Information

This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Only your doctor can determine if Victoza® is right for you.

WARNING

During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people. If MTC occurs, it may lead to death if not detected and treated early. Do not take Victoza® if you or any of your family members have MTC, or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in the body.

What is Victoza® used for?

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® has not been studied in enough people with a history of pancreatitis (inflammation of the pancreas). Therefore, it should be used with care in these patients.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with insulin.

Who should not use Victoza®?

- Victoza® should not be used in people with a personal or family history of MTC or in patients with MEN 2.

What is the most important information I should know about Victoza®?

- In animal studies, Victoza® caused thyroid tumors. The effects in humans are unknown. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed. Victoza® should be used with caution in people with a history of pancreatitis.
- Serious low blood sugar (hypoglycemia) may occur when Victoza® is used with other diabetes medications called sulfonylureas. This risk can be reduced by lowering the dose of the sulfonylurea.
- Like all other diabetes medications, Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes).

What are the side effects of Victoza®?

- Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath while taking Victoza®. These may be symptoms of thyroid cancer.
- The most common side effects, reported in at least 5% of people treated with Victoza® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea, diarrhea, and resistance to liraglutide (antibody formation).
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials.
- This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

What should I know about taking Victoza® with other medications?

- Victoza® slows emptying of your stomach. This may impact how your body absorbs other drugs that are taken by mouth at the same time.

Can Victoza® be used in children?

- Victoza® has not been studied in people below 18 years of age.

Can Victoza® be used in people with kidney or liver problems?

- There is limited data on using Victoza® in people with kidney or liver problems. Victoza® should be used with caution in these types of people.

Still have questions?

This is only a summary of important information. Ask your doctor for more complete product information, or

- call 1-877-4VICTOZA (1-877-484-2869)
- visit victoza.com

Date of Issue: Jan 2010
Version 1

141826 June 2010

novo nordisk®

mini stuffed potatoes

MAKES 12 potatoes
PREP 20 minutes
BAKE at 400° for 30 minutes

- **12 small potatoes, about 2 inches in diameter (1½ pounds total)**
- **1 tablespoon vegetable oil**
- **¼ plus ⅛ teaspoon salt**
- **6 tablespoons reduced-fat sour cream**
- **2 ounces crumbled Gorgonzola cheese**
- **1 bunch chives, snipped**
- **4 slices turkey bacon, cooked and finely chopped**

① Heat oven to 400°.

② Trim a small amount off one side of each potato so they lie flat. Toss potatoes with oil and place on a baking sheet, cut-side down. Sprinkle with ¼ teaspoon of the salt. Bake at 400° for 25 to 30 minutes or until tender. Cool slightly.

③ In a small bowl, blend remaining ⅛ teaspoon salt, sour cream, Gorgonzola and half the chives.

④ Slice off top of each potato and scoop out about 1 tablespoon of the flesh, reserving for another use. Stuff each potato with a generous tablespoon of the sour cream mixture. Sprinkle bacon pieces and remaining chives over the tops. Serve slightly warm or at room temperature.

PER POTATO 77 calories; 4 g fat (2 g sat.); 3 g protein; 7 g carbohydrate; 1 g fiber; 202 mg sodium; 12 mg cholesterol

Quick Bites

SHRIMP & DIP

Ten large shrimp weigh in at about 55 calories. Serve with cocktail sauce or bottled reduced-fat dressing, such as honey mustard, Caesar or ranch (for roughly an additional 35 calories per tablespoon).

MINI REUBENS

Spread ½ teaspoon fat-free thousand island dressing on party-size pumpernickel bread slices. Top with 1 tablespoon sauerkraut, and ½ slice *each* turkey and reduced-fat Swiss cheese (such as Alpine Lace). Heat gently until cheese melts.

PITA CRISPS & CREAMY HUMMUS

Cut pita into 6 wedges and split; brush lightly with olive oil and sprinkle with smoked paprika. Bake at 350° for 5 minutes. In a food processor, blend 1 can drained chickpeas, ½ teaspoon seasoned salt, 2 cloves garlic and 2 tablespoons *each* light cream cheese, lemon juice and olive oil until smooth.

FamilyCircle.com
Get more nutritious dinner recipes at familycircle.com/ healthyfamilydinners

all recipes tested in the **Family Circle®** kitchens

Photo (pitas): Veer.

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Roasting butternut squash creates such a rich depth of flavor you won't miss the meat.

butternut squash cincinnati-style chili

MAKES 8 servings **PREP** 20 minutes
BAKE at 400° for 30 minutes
COOK 28 minutes

- ½ of a large butternut squash, seeds removed, cut into ½-inch cubes
- 2 tablespoons olive oil
- ¾ teaspoon salt
- 2 large onions, peeled and chopped
- 2 large green bell peppers, cored, seeds removed, and chopped
- 4 cloves garlic, chopped
- 2 cans (14½ ounces each) no-salt-added diced tomatoes
- ¼ cup chili powder
- 1 teaspoon ground cinnamon
- 1 teaspoon sugar
- ½ teaspoon ground allspice
- 2 cans (15½ ounces each) pinto beans, drained and rinsed
- 1 box (14 ounces) whole-wheat spaghetti, cooked following package directions
- 1 cup shredded reduced-fat cheddar cheese
- 1 cup reduced-sodium oyster crackers
- 4 large scallions, trimmed and thinly sliced

① Heat oven to 400°. Place squash in a large rimmed baking pan and toss with 1 tablespoon of the oil and ¼ teaspoon of the salt. Bake at 400° for 30 minutes. Set aside.

② In a large pot, heat remaining tablespoon oil over medium-high heat. Add onions, peppers and garlic. Cook 8 minutes, stirring occasionally. Add tomatoes, chili powder, cinnamon, sugar, allspice and remaining ½ teaspoon salt. Simmer 15 minutes over medium-low heat, with lid ajar. Stir occasionally.

③ Stir in cooked squash and beans. Simmer 5 minutes.

④ Serve chili over cooked spaghetti. Scatter cheese, oyster crackers and scallions over the top.

PER SERVING 456 calories; 9 g fat (2 g sat.); 20 g protein; 79 g carbohydrate; 18 g fiber; 542 mg sodium; 3 mg cholesterol

For a more decadent dessert, serve with a small scoop of frozen yogurt, which adds only 50 calories.

rocky road brownies

MAKES 25 brownie squares **PREP** 15 minutes **BAKE** at 350° for 25 minutes

- ⅔ **cup unsweetened cocoa powder**
- ⅓ **cup all-purpose flour**
- ½ **teaspoon baking powder**
- ⅛ **teaspoon salt**
- ⅓ **cup canola oil**
- ⅓ **cup granulated sugar**
- ⅓ **cup packed light-brown sugar**
- 4 **egg whites, lightly beaten**
- 2 **teaspoons vanilla extract**
- ½ **cup finely chopped walnuts**
- ¼ **cup mini chocolate chips**
- ½ **cup mini marshmallows**

① Heat oven to 350°. Line an 8 x 8-inch baking pan with nonstick foil, overhanging ends of pan.

② In medium-size bowl, combine cocoa powder, flour, baking powder and salt. Set aside.

③ In a large bowl, whisk together oil, sugars, egg whites and vanilla. Stir in cocoa mixture. Spoon batter evenly into prepared pan. Sprinkle walnuts over batter. Bake at 350° for 25 minutes. Scatter the chips and marshmallows over the top and bake for an additional 5 minutes. Remove from oven and cool completely.

④ To slice, coat a sharp chef's knife with cooking spray and cut into 25 squares, using a rocking motion. Re-spray knife frequently.

PER SQUARE 97 calories; 5 g fat (1 g sat.); 2 g protein; 11 g carbohydrate; 1 g fiber; 20 mg sodium; 0 mg cholesterol ●

UNTIL THIS HAPPENS, KEEP THE SECRET.

Kids may never love veggies this much. But they love Chef Boyardee. And even though there's no broccoli, there is a full serving of vegetables in every Chef Boyardee Micro Beef Ravioli Microwave Cup. Just don't tell them.

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"Full serving of vegetables" means half-cup of vegetables in every Micro Beef Ravioli Microwave Cup. The Dietary Guidelines for Americans (2005) recommends 2.5 cups of vegetables (or 5 servings) per day based on a 2,000 calorie diet.

Great for SNACKING!
Chef BOYARDEE
Mini
micro beef ravioli

DARK VICTORY

Tame your sweet tooth (and your sweetie) with these elegant cocoa confections.

BY CINDY HELLER PHOTOGRAPHY BY ROMULO YANES

CHOCOLATE *WALNUT TORTE*

PAGE 174

DOUBLE *CHOCOLATE* COOKIES

MAKES about 3 dozen cookies
PREP 15 minutes **MICROWAVE** 1 minute
BAKE at 375° for 11 minutes

- **2 cups all-purpose flour**
- **½ cup cocoa powder**
- **1 teaspoon baking soda**
- **½ teaspoon salt**
- **12 ounces milk chocolate**
- **¾ cup (1½ sticks) unsalted butter**
- **¾ cup packed light-brown sugar**
- **½ cup granulated sugar**
- **2 large eggs**
- **2 teaspoons vanilla extract**

① Heat oven to 375°. Whisk together the flour, cocoa powder, baking soda and salt in a medium-size bowl.

② Coarsely chop 6 ounces of the chocolate, and finely chop the remaining 6 ounces. Microwave coarsely chopped chocolate with butter for 1 minute, stirring halfway through. Microwave an additional 15 seconds if necessary; stir until smooth.

③ Transfer chocolate mixture to bowl of an electric mixer and add sugars, eggs and vanilla; beat until well combined. Reduce speed to low and gradually beat in flour mixture. Stir in remaining finely chopped chocolate pieces.

④ Drop heaping tablespoonfuls of dough onto ungreased baking sheets, about 2 inches apart.

⑤ Bake at 375° for 9 to 11 minutes or until set. Let the cookies cool on baking sheet on a wire rack for 2 minutes. Transfer the cookies to rack; let cool completely.

PER COOKIE 140 calories; 7 g fat (4 g sat.); 2 g protein; 18 g carbohydrate; 1 g fiber; 80 mg sodium; 24 mg cholesterol

FamilyCircle.com
Find even more irresistible chocolate desserts at **familycircle.com/chocolate**

Food styling: Susan Sugarman/ArtistRepInc.com. Prop styling: Cindy DiPrima.

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CHOCOLATE
ANGEL FOOD CAKE
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CHOCOLATE
DULCE DE LECHE BARS
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American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

WHEN ONE HEART GOES HEART HEALTHY, TWO HEARTS CELEBRATE.

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While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

MOCHA *SHORTBREAD*

MAKES 16 servings
PREP 15 minutes
CHILL 2 hours
BAKE at 350° for 30 minutes

- **1 cup flour**
- **¼ teaspoon kosher salt**
- **4 ounces bittersweet chocolate, finely chopped**
- **2 teaspoons espresso powder**
- **½ cup (1 stick) unsalted butter, softened**
- **¼ cup granulated sugar**
- **Confectioners' sugar, for dusting (optional)**

① Whisk together flour and salt; transfer flour mixture to food processor with chopped chocolate and process for 1 minute or until chocolate is finely ground; set aside.

② Stir together espresso powder and **2 teaspoons hot water** until espresso dissolves; set aside. Beat butter for 3 minutes. Add granulated sugar and beat 2 minutes or until well blended. Beat in espresso mixture. Reduce speed to low and gradually beat in flour mixture.

③ Press dough into a 9-inch round fluted nonstick tart pan. Score into 16 pie-shaped wedges without cutting completely through dough. Cover with plastic wrap and chill at least 2 hours.

④ Heat oven to 350°. Uncover shortbread and bake at 350° for 30 minutes. Remove to a wire rack and remove side of pan. Dust with confectioners' sugar, if desired. Cut through score marks before serving.

PER SERVING 122 calories; 9 g fat (5 g sat.); 1 g protein; 12 g carbohydrate; 1 g fiber; 31 mg sodium; 15 mg cholesterol

FRUITY *CHOCOLATE* CLUSTERS

MAKES 40 clusters
PREP 15 minutes
MICROWAVE 1 minute
CHILL 15 minutes

- **1½ cups dried cranberries**
- **1½ cups toasted slivered almonds**
- **2 cups broken-up pretzel stick pieces**
- **8 ounces bittersweet chocolate, chopped**

① Line a baking sheet with waxed paper; set aside.

② In a medium-size bowl, stir together cranberries, almonds and pretzel pieces.

③ Place chocolate in a medium-size microwave-safe bowl and microwave for 1 minute, stirring halfway through; microwave another 15 seconds if necessary and stir until smooth.

④ Stir cranberry mixture into chocolate until completely coated. Place 1 heaping tablespoonful of chocolate mixture onto prepared baking sheet, shaping into a mound. Repeat with remaining mixture. Chill for 15 minutes before serving.

PER CLUSTER 74 calories; 4 g fat (1 g sat.); 1 g protein; 9 g carbohydrate; 1 g fiber; 40 mg sodium; 0 mg cholesterol

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PORK SO MOIST
YOU'LL BE SOAKING UP COMPLIMENTS.

www.campbellskitchen.com

RECIPE | REVIEWS | NUTRITION

Pork Tenderloin with Peaches & Pecan Sauce

Prep: 20 min. Cook: 20 min. Makes: 4 servings

1 tbsp. olive oil
1 pork tenderloin (about 1 lb.), cut into ¾" thick slices
2 cloves garlic, minced
2 green onions, sliced
1 can (10¾ oz.) ***Campbell's®* Condensed Golden Mushroom Soup**
1 can (about 15 oz.) sliced peaches in juice, drained, reserving juice
3 tbsp. low-sodium soy sauce
2 tbsp. honey
¼ cup pecan halves, toasted and broken into large pieces
Hot cooked rice

1. Heat oil in 10" skillet over medium-high heat. Add pork and cook until well browned on both sides. Remove pork from skillet.
2. Add garlic and onions to skillet and cook and stir 1 min. Stir soup, peach juice, soy sauce and honey in skillet and heat to a boil. Cook 5 min. or until soup mixture is slightly reduced.
3. Return pork to skillet. Stir in peaches. Reduce heat to low. Cook until pork is cooked through. Stir in pecans. Serve pork and sauce with rice. Sprinkle with additional sliced green onion, if desired.

Campbell's
CONDENSED SOUP
GREAT for COOKING
Golden Mushroom
LESS SODIUM
With Natural Sea Salt Added

It's amazing what soup can do.™

CHOCOLATE WALNUT TORTE

MAKES 16 servings
PREP 15 minutes
MICROWAVE 1 minute
BAKE at 350° for 65 minutes

- 1 **cup flour**
- ¼ **teaspoon salt**
- ¼ **teaspoon baking soda**
- 8 **ounces semisweet chocolate**
- ¾ **cup (1½ sticks) unsalted butter, softened**
- 1 **cup sugar**
- 1 **teaspoon vanilla extract**
- 3 **eggs**
- ½ **cup buttermilk**
- 1 **cup chopped toasted walnuts**

GLAZE

- 4 **ounces semisweet chocolate, chopped**
- ½ **cup heavy cream**

① Heat oven to 350°. Coat an 8-inch cake pan with nonstick cooking spray. Line bottom with waxed paper; spray paper.

② In small bowl, whisk together flour, salt and baking soda; set aside.

③ Microwave chocolate and butter in a medium-size microwave-safe bowl for 1 minute, stirring halfway through; microwave another 15 seconds if necessary and stir until smooth. Whisk in sugar and vanilla, then stir in eggs, buttermilk and ⅔ cup of the walnuts until well blended. Stir in flour mixture until just combined.

④ Pour batter into prepared pan. Bake at 350° for 60 to 65 minutes or until a toothpick inserted in the center tests clean. Remove to a wire rack and cool in pan 5 minutes, then invert pan onto wire rack and cool completely. Remove and discard wax paper.

⑤ **Glaze.** Place chocolate in small bowl. Heat cream in a saucepan over medium heat until just simmering. Pour over chocolate. Let stand 4 minutes to melt; stir until smooth.

⑥ Place cake on wire rack over baking sheet. Pour glaze over cake; use spatula to smooth over top and sides. Pat remaining ⅓ cup walnuts around top. When glaze is firm, remove cake to a platter and serve.

PER SERVING 332 calories; 24 g fat (12 g sat.); 4 g protein; 29 g carbohydrate; 2 g fiber; 80 mg sodium; 73 mg cholesterol

CHOCOLATE ANGEL FOOD CAKE

MAKES 16 servings
PREP 20 minutes
BAKE at 350° for 40 minutes

- 1½ **cups sugar**
- ¾ **cup cake flour (not self-rising)**
- ⅓ **cup cocoa powder**
- ¾ **teaspoon baking soda**
- ¼ **teaspoon salt**
- 2 **ounces semisweet chocolate, chopped**
- 12 **egg whites**
- 1 **teaspoon cream of tartar**
- 1 **teaspoon vanilla extract**

CHOCOLATE SAUCE

- 4 **ounces bittersweet chocolate, chopped**
- ½ **cup heavy cream**

① Heat oven to 350°. Lightly coat bottom of a 10-inch angel food cake pan with nonstick cooking spray. Whisk together ¾ cup of the sugar, the flour, cocoa powder, baking soda and salt. Stir in chocolate.

② Whisk egg whites and cream of tartar on high speed 2 to 3 minutes or until soft peaks form. Add remaining ¾ cup sugar to bowl and beat for 3 minutes or until stiff, glossy peaks form. Beat in vanilla.

③ Gently fold flour mixture into egg whites until fully combined. Pour batter into prepared pan and smooth top. Gently tap on counter to remove any air bubbles. Bake at 350° for 35 to 40 minutes or until toothpick inserted in center tests clean. Remove from oven; invert over wire rack until completely cool. Run a thin knife around edges and center to release cake from pan, if necessary.

④ **Chocolate Sauce.** Place chocolate in small bowl. Heat cream in saucepan over medium heat until just simmering. Pour over chocolate. Let stand 4 minutes to melt. Stir until smooth. Serve with cake.

PER SERVING 165 calories; 7 g fat (4 g sat.); 4 g protein; 26 g carbohydrate; 1 g fiber; 140 mg sodium; 10 mg cholesterol

CHOCOLATE DULCE DE LECHE BARS

MAKES 16 servings
PREP 15 minutes **CHILL** 3 hours, 15 minutes **BAKE** at 350° for 25 minutes **COOK** 2 minutes **MICROWAVE** 1 minute

CRUST

- 18 **graham cracker boards, crushed**
- 4 **tablespoons sugar**
- ½ **teaspoon salt**
- ½ **cup (1 stick) unsalted butter, melted**

FILLING & TOPPING

- 3 **tablespoons cornstarch**
- 2 **tablespoons milk**
- 2 **cans (14 ounces each) sweetened condensed milk**
- 4 **tablespoons unsalted butter, softened**
- 2 **tablespoons light corn syrup**
- 8 **ounces milk chocolate, chopped**
- 1 **teaspoon vegetable shortening**

① Heat oven to 350°. Line a 13 x 9 x 2-inch baking pan with nonstick foil; overhang short ends slightly .

② **Crust.** Stir the graham cracker crumbs, sugar, salt and butter in a bowl until evenly moistened. Transfer crumb mixture to prepared baking pan; press crumb mixture evenly over the bottom of the pan. Refrigerate 30 minutes.

③ Bake the crust at 350° for 17 minutes or until lightly browned. Remove to a rack and cool completely.

④ **Filling & Topping.** Stir together cornstarch and milk. Bring condensed milk, butter and corn syrup to a boil over medium-high heat in a small saucepan, stirring constantly to prevent burning. Whisk in cornstarch mixture; cook 2 minutes, whisking, or until thickened. Pour over crust, spreading level. Bake at 350° for 8 minutes or until topping starts to bubble. Remove to a rack; refrigerate for 2 hours or until cool.

⑤ Microwave chocolate and shortening for 1 minute or until melted, stirring halfway. Stir until smooth. Spread evenly over filling and refrigerate for at least 45 minutes or until set. Use foil to lift bar from pan to a cutting board. Cut into 16 bars.

PER SERVING 456 calories; 20 g fat (12 g sat.); 7 g protein; 63 g carbohydrate; 1 g fiber; 269 mg sodium; 50 mg cholesterol ●

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take comfort

by Julie Miltenberger

PHOTOGRAPHY BY KATE MATHIS

Food styling: Megan Schlow. Prop styling: Scott Horne.

red pepper–tomato soup

page 182

all recipes tested in the **Family Circle®** kitchens

traditional beef & bean chili

MAKES 10 servings **PREP** 15 minutes **COOK** 20 minutes

- 2 pounds ground round
- 1 large onion, diced
- 1 sweet red pepper, cored and diced
- 4 cloves garlic, sliced
- 6 tablespoons chili powder
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne
- 1 can (28 ounces) fire-roasted diced tomatoes
- 1 can (15 ounces) tomato sauce
- 1 tablespoon sugar
- 1 tablespoon tomato paste
- ½ teaspoon salt
- 2 cans (15 ounces each) dark kidney beans, drained and rinsed
- Sour cream and chopped scallions, for serving (optional)

① Coat a large heavy-bottomed pot with nonstick cooking spray. Add ground beef and cook over medium-high heat, stirring, for 5 minutes. Add onion, pepper and garlic and cook 4 minutes. Stir in chili powder, oregano, cumin and cayenne. Cook 1 minute.

② Stir in diced tomatoes, tomato sauce, sugar, tomato paste and salt. Cover and cook over medium heat for 10 minutes, stirring occasionally. Uncover and stir in beans. Heat through, then serve garnished with sour cream and scallions, if desired.

PER SERVING 329 calories; 15 g fat (5 g sat.); 24 g protein; 27 g carbohydrate; 7 g fiber; 789 mg sodium; 62 mg cholesterol

winter veggie bisque

page 182

pasta fagioli

MAKES 8 servings **PREP** 15 minutes **COOK** 16 minutes

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 can (14.5 ounces) diced tomatoes with basil, garlic and oregano
- 2 cans (14.5 ounces each) reduced-sodium chicken broth
- 8 ounces (about 2 cups) small pasta shells
- 1 teaspoon Italian seasoning
- 1 bunch fresh kale, tough stems discarded, cut into 1-inch pieces and washed
- 2 cans small white beans, drained and rinsed
- 1 tablespoon tomato paste
- ½ teaspoon salt
- ¼ teaspoon pepper
- Grated Parmesan, for serving

① Heat oil in a large pot over medium heat. Add onion and cook 5 minutes. Add garlic; cook 1 minute.

② Stir in tomatoes, broth and **3 cups water**. Bring to a simmer over high heat. Add pasta and Italian seasoning. Cook, stirring, 5 minutes.

③ Stir in kale; cook 5 minutes more. Reduce heat to medium and stir in beans, tomato paste, salt and pepper. Heat through.

④ Ladle into bowls; garnish with Parmesan.

PER SERVING 260 calories; 5 g fat (1 g sat.); 13 g protein; 48 g carbohydrate; 8 g fiber; 791 mg sodium; 0 mg cholesterol

chicken & corn chili

MAKES 8 servings **PREP** 15 minutes **COOK** 16 minutes

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 green bell pepper, cored and chopped
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon chili powder
- 1 can (14.5 ounces) low-sodium chicken broth
- 1 can (14.5 ounces) diced tomatoes, drained
- 1¼ pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 1 box (10 ounces) frozen corn, thawed
- 2 cans (15 ounces each) cannellini beans, drained and rinsed
- ¾ teaspoon salt
- Shredded cheddar cheese

① Heat oil in large pot over medium heat. Add onion and green pepper. Cook, stirring, 5 minutes. Stir in cumin, coriander and chili powder; cook 1 minute.

② Stir in chicken broth and tomatoes. Bring to a simmer. Add chicken. Cover and simmer over low heat for 10 minutes or until chicken is cooked through.

③ Stir corn, beans and salt into pot. Heat through. Spoon into bowls and top with shredded cheese.

PER SERVING 276 calories; 8 g fat (2 g sat.); 25 g protein; 28 g carbohydrate; 6 g fiber; 706 mg sodium; 48 mg cholesterol

Text **FC SOUP** to **76477 (S-N-I-P-P)** to have the three cover recipes sent to your phone and e-mail. Standard text-messaging rates apply.

country dijon beef stew

MAKES 6 servings
PREP 15 minutes
COOK 1 hour, 12 minutes

- **1 tablespoon unsalted butter**
- **1 small onion, chopped**
- **8 ounces (about 2 cups) mushrooms, cleaned, trimmed and quartered**
- **2 pounds boneless beef chuck, trimmed and cut into 1-inch chunks**
- **4 tablespoons all-purpose flour**
- **2 tablespoons olive oil**
- **1 can (14.5 ounces) low-sodium beef broth**
- **1 tablespoon Worcestershire sauce**
- **1 tablespoon country-style grainy Dijon mustard**
- **3 carrots, peeled and cut into ½-inch coins**
- **1 teaspoon chopped fresh rosemary**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **Cooked egg noodles (optional)**

① Heat butter in a large pot over medium heat. Add onion and mushrooms and cook 5 minutes. Transfer to a bowl.

② Meanwhile, toss beef with 3 tablespoons of the flour. Add 1 tablespoon of the oil to the pot and increase heat to medium-high. Add half the beef and cook 2 minutes, browning on all sides. Transfer to bowl with onions and mushrooms. Add remaining tablespoon oil and second half of beef to pot. Cook 2 minutes, browning on all sides. Transfer to bowl; reduce heat to medium.

③ Add ¾ cup of the beef broth to the pot. Whisk in Worcestershire and mustard, scraping up any brown bits on bottom of the pan. Add mixture from bowl back to the pot along with the remaining beef broth. Cover and simmer on low for 15 minutes.

④ Uncover and stir in carrots. Cover and cook an additional 45 minutes.

⑤ In small bowl, stir together **2 tablespoons water**, the remaining tablespoon flour, rosemary, salt and pepper. Stir into stew and cook 3 minutes, until thickened. Serve with noodles, if desired.

PER SERVING 307 calories; 13 g fat (4 g sat.); 34 g protein; 11 g carbohydrate; 2 g fiber; 396 mg sodium; 69 mg cholesterol

red pepper–tomato soup

MAKES 6 servings **PREP** 15 minutes **COOK** 8 minutes

- **1 jar (12 ounces) roasted red peppers in brine, drained**
- **1 can (14.5 ounces) diced tomatoes**
- **1 tablespoon olive oil**
- **1 can (28 ounces) tomato puree**
- **1 cup low-sodium and fat-free chicken broth**
- **1 tablespoon sugar**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **1 cup heavy cream**
- **Croutons, for serving**

① Combine drained peppers and diced tomatoes in a blender. Puree until smooth.

② Heat oil in a large soup pot over medium heat. Add pepper-tomato mixture, tomato puree, chicken broth, sugar, salt and pepper. Heat just to simmering, about 8 minutes. Remove from heat and whisk in heavy cream. Return to stove and heat through. Ladle soup into bowls; top each with a few croutons.

PER SERVING 236 calories; 17 g fat (10 g sat.); 5 g protein; 17 g carbohydrate; 1 g fiber; 694 mg sodium; 54 mg cholesterol

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winter veggie bisque

MAKES 6 servings **PREP** 15 minutes **COOK** 12 minutes

- **1 large onion, peeled and halved**
- **1 Granny Smith apple, peeled and cored**
- **3 carrots, trimmed and peeled**
- **2 tablespoons unsalted butter**
- **2 packages (12 ounces each) frozen cooked winter squash, thawed**
- **3 cups vegetable broth**
- **2 tablespoons sugar**
- **1 teaspoon ground ginger**
- **¾ teaspoon salt**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon cayenne**
- **½ cup heavy cream**

① Shred onion, apple and carrots either with a box grater or with shredding blade in food processor. Heat butter in large pot over medium heat. Add shredded onion, apple and carrot. Cook 7 minutes, until softened.

② Stir in squash, broth, sugar, ginger, salt, cinnamon and cayenne. Bring to a boil over high heat. Reduce heat to medium-low and simmer 5 minutes.

③ Transfer mixture to food processor fitted with chopping blade or to blender. Puree until smooth (do this in batches, if necessary). Return to pot and stir in heavy cream. Gently heat through.

PER SERVING 210 calories; 11 g fat (7 g sat.); 1 g protein; 27 g carbohydrate; 4 g fiber; 800 mg sodium; 37 mg cholesterol ●

→ BY CINDY HELLER

YOU ASKED, WE ANSWERED

Our loyal Facebook friends put us to the test with questions about using a slow cooker. We were hot to respond.

> I am very interested in recipes that take at least 9 hours so I can put ingredients in the slow cooker in the morning and dinner will be ready at 6:00 P.M.
> —Sharon Schild Willis

A We've found that beef is the star of slower slow cooker recipes. Tougher cuts such as the neck and shoulders (chuck), foreleg area (brisket), hind section (round steak) and undersides (flank) turn into fall-apart-tender meals. Long, moist cooking produces more intensely flavored dishes too because these marbled meaty areas dissolve over many hours of cooking.

POT ROAST WITH ROOT VEGETABLES

MAKES 8 servings
PREP 15 minutes
SLOW COOK on LOW for 10 hours
COOK 3 minutes

- **4 pounds boneless chuck roast, trimmed**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **4 large carrots, peeled and cut into 3-inch lengths**
- **4 parsnips, peeled, quartered lengthwise and cut into 3-inch pieces**
- **2 ribs celery, finely chopped**
- **1 large onion, finely chopped**
- **2 bay leaves**
- **1 can low-sodium beef broth**
- **½ cup red wine**
- **3 tablespoons flour**
- **3 tablespoons unsalted butter, softened**

① Place the roast in the slow cooker and sprinkle with salt and pepper. Add the carrots, parsnips, celery, onion and bay leaves around the roast and pour the broth and wine over the meat and vegetables. Cover and cook on LOW for 10 hours.

② Mash together the flour and butter to form a paste. Transfer the meat and vegetables to a platter and keep warm. Whisk flour paste into liquid in slow cooker; strain liquid into a medium-size saucepan. Place saucepan over medium-high heat and bring to a boil; boil for 3 minutes or until liquid thickens. Remove bay leaves and serve sauce with pot roast and vegetables.

PER SERVING 436 calories; 16 g fat (7 g sat.); 52 g protein; 17 g carbohydrate; 4 g fiber; 292 mg sodium; 134 mg cholesterol

SWEET SPICED SHORT RIBS

MAKES 8 servings
PREP 15 minutes
SLOW COOK on LOW for 9 hours

- **1 medium-size onion, finely chopped**
- **2 garlic cloves, minced**
- **1 teaspoon cinnamon**
- **1 can (8 ounces) tomato sauce**
- **1 tablespoon plus 2 teaspoons red wine vinegar**
- **1 tablespoon plus 1 teaspoon light-brown sugar**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **4 pounds beef short ribs**
- **3 cups cooked egg noodles (optional)**

① Blend onion, garlic, cinnamon, tomato sauce, 1 tablespoon vinegar, 1 tablespoon brown sugar, salt and pepper in a bowl. Place ribs in slow cooker bowl and pour sauce over top. Cover and cook on LOW for 9 hours.

② Transfer ribs to a platter. Skim and discard excess fat from liquid. Stir in remaining 2 teaspoons vinegar and 1 teaspoon brown sugar. Top ribs with sauce. Serve with cooked noodles, if desired.

PER SERVING 416 calories; 23 g fat (10 g sat.); 44 g protein; 6 g carbohydrate; 1 g fiber; 371 mg sodium; 134 mg cholesterol

Food styling: Megan Schlow. Prop styling: Scott Horne.

PHOTOGRAPHY BY KATE MATHIS

What is the best way to modify a favorite recipe for the slow cooker?

—Kathy Kent Nesbitt

A Since liquid doesn't evaporate, you need a lot less than you would if you were making a conventional recipe. So cut the amount by at least half—you want just enough to cover the bottom, to ensure even heating. Also, reduce dried herbs by half, as the flavors become more concentrated while under cover. But the big difference is timing. Generally speaking, 1 hour conventional cook time equals 3 hours on HIGH or 6 hours on LOW. The first time you try a recipe, check for doneness halfway through and near the end of the estimated cook time. Jot down your notes for future reference.

MAC & CHEESE

MAKES 8 servings
PREP 15 minutes **SLOW COOK** on HIGH for 3 hours or LOW for 4 hours
COOK 2 minutes

- 10 ounces (about 2¼ cups) dry elbow macaroni
- 1 cup shredded cheddar cheese
- 1 cup shredded Gruyère cheese
- 8 ounces American cheese, thinly sliced and roughly chopped
- 1½ cups milk
- 1 can (12 ounces) evaporated milk
- 1½ teaspoons Worcestershire sauce
- ¾ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon unsalted butter
- ½ cup panko bread crumbs

① Coat inside of slow cooker bowl with nonstick cooking spray.

② Combine macaroni, cheddar, Gruyère and American cheeses, milk and evaporated milk in slow cooker bowl; stir well and cover; cook on HIGH for 3 hours or LOW for 4 hours.

③ When there is 30 minutes cook time remaining, stir in Worcestershire, mustard, salt and pepper.

④ Melt butter in a small nonstick skillet over medium-high heat. Stir in panko and cook, stirring often, for 2 minutes or until toasted and golden. Sprinkle over Mac & Cheese and serve immediately.

PER SERVING 452 calories; 25 g fat (17 g sat.); 24 g protein; 35 g carbohydrate; 1 g fiber; 646 mg sodium; 71 mg cholesterol

CHICKEN POT PIE

MAKES 8 servings
PREP 20 minutes **COOK** 11 minutes
SLOW COOK on HIGH for 4 hours or LOW for 7 hours

- **⅓ cup all-purpose flour**
- **1¾ teaspoons poultry seasoning**
- **1¾ teaspoons dried thyme**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **2 pounds boneless, skinless chicken thighs and breasts, cut into 1-inch pieces**
- **2 tablespoons vegetable oil**
- **2 large carrots, peeled and cut into half-moons**
- **2 celery ribs, sliced**
- **2 red-skin potatoes, scrubbed and cut into ½-inch pieces**
- **8 white mushrooms, thinly sliced**
- **1 large onion, chopped**
- **1½ cups low-sodium chicken broth**
- **2¼ cups biscuit mix (such as Bisquick)**
- **⅔ cup milk**

① Combine flour, poultry seasoning, 1 teaspoon of the thyme, salt and pepper in a large resealable bag; add chicken pieces to bag and toss to coat.

② Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Remove chicken from bag with a slotted spoon, shaking off excess flour. Set remaining flour mixture aside and add chicken to skillet. Cook for 5 minutes, stirring occasionally, or until browned; place in slow cooker.

③ Add remaining 1 tablespoon oil to skillet and stir in carrots, celery, potatoes, mushrooms and onion; cook, stirring often, for 5 minutes. Stir remaining flour mixture into skillet and cook 1 minute. Add broth to skillet and bring to a boil. Pour skillet contents into slow cooker bowl. Cover and cook on HIGH for 4 hours or LOW for 7 hours.

④ When there is 1 hour cook time remaining, stir together biscuit mix, milk and remaining ¾ teaspoon thyme. Drop biscuit mix by the tablespoonful over top of chicken mixture. Cover slow cooker bowl with a cotton dish towel and place lid over top. Continue cooking until biscuits are cooked through.

PER SERVING 388 calories; 13 g fat (3 g sat.); 30 g protein; 38 g carbohydrate; 3 g fiber; 801 mg sodium; 91 mg cholesterol ●

» For more delicious slow cooker recipes, go to **familycircle.com/slowcooker**

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Page 31: (clockwise from top right) Era coffee table, **Crate & Barrel,** crateandbarrel.com, $499. Teal floral Cadman chair, **Pier 1,** Pier 1 stores, $200. Arco floor lamp, **Flos,** dwr.com, $2,696. Hourglass table/stool, **Hokku Designs,** csnstores.com, $125. Bramely paisley upholstered chair, **Pier 1,** Pier 1 stores, $430. Silk/cotton ikat pillow cover, **Fabricadabra,** fabricadabra.us, $45. Plato table lamp, **Home Decorator's Collection,** homedecorators.com, $129. Home blue and white floral vase, **Target,** target.com, $30. Chesterfield love seat, **Ballard Designs,** ballarddesigns.com, from $799. Keystone table lamp, **Home Decorator's Collection,** homedecorators.com, $139.

•style

STYLE NEWS

Page 101: Dress, **JCPenney,** JCPenney stores and jcp.com, $67. Necklace ($44) and cuff ($39), **Fantasy Jewelry Box,** fantasyjewelrybox.com. Velvet bangle, **Nashelle,** nashelle.com, $49. Orange bangles ($30 each) and ring ($68), **Allison Daniel Designs,** allisondanieldesigns.com.

Page 102: She's a Glow Getter: **Fake Bake** Bronzing Gel, fakebake.com, $29. In the Loop: **La Mer,** lamercollections, $90 each. Batting Practice: **Revlon,** target.com, $8. **Rimmel,** drugstores, $10. **Sephora,** sephora.com, $17.

SHIRT TALES

Page 108: The Boho: Shirt, **French Connection,** Hemline, 504-592-0242, $128. Pants, **French Connection,** Searle, 212-750-5153, $158. Belt, **Zara,** zara.com for store locations, $70. Bangles, **R.J. Graziano,** 212-685-1248, $95 and $125.

Page 109: The Classic: Shirt, **The Limited,** The Limited stores and thelimited.com, $45. Jacket, **Allen B. by Allen Schwartz for JCPenney,** JCPenney stores and jcp.com, $41. Pants, **Zara,** zara.com for store locations, $40. Heels, **Isabel Toledo for Payless,** Payless Shoesource stores and payless.com, $45. Sunglasses, **Forever 21,** Forever 21 stores and forever21.com, $6.

The Animal Print: Shirt ($40), vest ($40), pants ($60), **Zara,** zara.com for store locations. Necklaces ($125 each) and cuff ($65), **R.J. Graziano,** 212-685-1248.

The Tuxedo: Shirt, **Vineyard Vines,** vineyardvines .com, $148.50. Pants, **Loft,** Loft stores and loft.com, $79.50. Bag, **Dooney & Bourke,** dooney.com, $198. Bracelet, **R.J. Graziano,** 212-685-1248, $35.

The Sleeveless: Top, **Esprit De. Corp,** Esprit stores and esprit.com, $59.50. Beaded necklaces, **Sequin,** 212-398-7363, $98. Gold necklace, **R.J. Graziano,** 212-685-1248, $85.

The Shirtdress: Shirtdress, **Thomas Pink,** 212-838-1928, $250. Necklace, **Sequin,** 212-398-7363, $128. Watch, **La Mer,** lamercollections.com, $90.

The Ruffle: Shirt, **American Living for JCPenney,** americanliving.com, $40. Pants, **Ann Taylor,** anntaylor.com, $98. Hat, **Hat Attack,** 800-982-1569 and hatattack.com, $36. Coil bracelet ($38) and pearl stretch bracelet ($42), **Carolee,** carolee.com.

Page 110: The Bold Print: Shirt, **Old Navy,** oldnavy.com, $24.50. Skirt, **Zara,** zara.com for store locations, $60. Necklace ($75) and pin ($95), **R.J. Graziano,** 212-685-1248.

Page 111: The Western: Shirt, **Stetson,** eliswesternwear.com/western, $60. Skirt, **Talbots,** Talbots stores and talbots.com, $199. Earrings, **Martine Wester,** martinewester.com, $128. Belt, **Zara,** Zara stores and zara.com, $30.

The Camp: Shirt ($40) and skirt ($40), **Zara,** zara.com for store locations. Belt, **Talbots,** Talbots stores and talbots.com, $59. Earrings, **Carolee,** carolee.com, $28. Watch, **La Mer,** lamercollections.com, $88.

The Great White: Shirt, **White House Black Market,** White House Black Market stores, $68. Skirt, **Ann Taylor,** anntaylor.com, $138. Necklace ($148) and bracelet ($78), **Sequin,** 212-398-7363. Belt, **Zara,** zara.com for store locations, $20.

The Smock: Shirt, **Levi's,** levi.com, $69.50. Jeans, **Zara,** zara.com for store locations, $40. Hat, **Hat Attack,** 800-982-1569 and hatattack.com, $70. Bag, **Dooney & Bourke,** dooney.com, $165.

The Featherweight Silk: Shirt, **Talbots,** Talbots stores, $79.50. Jeans, **Olsenboye for JCPenney,** JCPenney stores and jcp.com, $30. Hat, **Hat Attack,** 800-982-1569 and hatattack.com, $36. Earrings ($45) and solid pink bangle ($35), **R.J. Graziano,** 212-685-1248. Carved bangle ($48) and flower stretch bracelet ($78), **Sequin,** 212-398-7363.

The Peasant: Shirt, **Lucky Brand,** luckybrand.com, $99. Coin necklace, **Sequin,** 212-398-7363, $168. Shark tooth necklace, **Alex & Ani,** alexandani.com, $178. Bracelet, **One of a Kind Jewelry,** shoponeofakindjewelry.com, $99. ●

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my family life

→ BY PATTY A. MARTINEZ

LL Cool J

The rapper-turned-actor is half of a dynamic duo on *NCIS: Los Angeles*—and at home, where he and wife Simone present a united front to kids Najee, 21; Italia, 20; Samaria, 15; and Nina, 10.

You're an actor, musician, author and businessman—are your kids following in your footsteps? We'll see. Italia, who is studying business in college, has a paid internship, but she also works for my music website Boomdizzle. Even with two paychecks, she knows the important thing is the education she's getting—not the cash. My son, Najee, is studying photography and art. Samaria is modeling and designing her own clothes. And Nina loves to play the piano and write songs.

Kids grow up faster in Hollywood. Has that made you and Simone more protective? I was raised in the music industry, so I already know the game. I'm not Mr. Innocent. But Simone and I don't want to be too strict and create a slingshot effect with our daughters where we're always trying to pull them back. Because as soon as we let go of the slingshot, they'll be sneaking out the window at 1 A.M.!

I hear Nina plays basketball against Lily, daughter of your *NCIS* costar Chris O'Donnell. Is there a rivalry between your families? Let's just say Chris witnessed Nina's fury on the court as she scored a barrage of points in her very first game. But I didn't gloat—okay, maybe a little.

All kidding aside, you both have big families (you have four kids and he has five). Do you get a kick out of comparing dad stories on set? I do. He'll tell me about taking one of his sons to a sports game, and I'll tell him how proud I was to see Samaria modeling in *Teen Vogue* or how Nina's pet lizard, Miles, became mine because I'm the one brave enough to feed him worms.

What's the hardest part about being a dad? Remaining open-minded. I try to stay confident in the values I've instilled in my kids so I can give them space.

Tell us the most important thing you and Simone have learned from your kids. Even when they don't seem like they're listening, they're watching—and it's surprising how much influence we have on them.

"Parents make mistakes—and I don't try to hide mine. Instead, I share them with my kids so they can learn too."

it's all relative

success story

In addition to his gig on *NCIS: Los Angeles*, LL, whose real name is James Todd Smith, has won two Grammy awards and published five books.

let kids be kids

"I don't think a 15-year-old should be concerned with looking sexy. It's not appropriate. Allowing my teenager to dress that way is like giving a 10-year-old a car. There's nothing wrong with the car, but a kid is not mature enough to handle it."

i can't live without

"Sweets—everything from marshmallow-iced devil's food cake to Neapolitan ice cream. I know how to throw it down!"

quiet time

"I sneak into the den with a good book. I loved Ron Chernow's *Titan: The Life of John D. Rockefeller, Sr.* It was 800 pages of pure adventure. I felt like I had on a top hat and tails when I was done."

family fun

"My daughters enjoy boxing matches as much as Najee does. We all scream at the television together."

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